

KALE SOUP

The recipe is an original from Georgette Weiss. The photo is from allrecipes.



PREP: 10 minutes

COOK: 1-1½ hrs.

SERVINGS: 8 - 10

INGREDIENTS:

1 bunch kale (I buy bag of chopped kale but have done the other.)

1 or 2 packages smoked sausage (any kind, I prefer spicy)

1 large Spanish onion chopped (works just fine with yellow)

3 cloves garlic chopped (I use more)

1 quart low sodium beef broth

2 16 oz. cans dark red kidney beans

2 16 oz. cans cannellini beans

Fresh ground pepper to taste

Olive oil approximately 2-3 Tbsp.

3 bay leaves

¼ tsp. red pepper flakes (I use more.)

Salt, if needed

DIRECTIONS:

Sauté garlic and onions in olive oil until limp, add sausage and brown. Add kale and cook until limp. Add remaining ingredients, cook 1-1 ½ hrs. and enjoy.