



ITALIAN SAUSAGE AND WHITE BEAN SOUP WITH KALE

Wrap both hands around a big bowl of this cold-weather soup. Each bite is filled with generous portions of our seasoned Italian sausage with notes of sun-dried tomato and basil. Spinach, chard and escarole are easy, delicious swap-ins for the kale.

Makes 8 servings

WHAT YOU'LL NEED:

- 2 ½ tablespoons oil, divided
- 1 medium yellow onion, diced
- 3 garlic cloves, minced
- ½ teaspoon sea salt
- 1 small bunch of kale, stems and ribs removed, leaves chopped
- 2 quarts low-sodium or conventional vegetable broth
- 1 (15-ounce) can cannellini beans, rinsed and drained
- 14.5 ounces diced tomatoes 1 package Tofurky® Italian Sausage, cut on a bias into ¼" slices

HOW TO MAKE:

1. In a large pot or Dutch oven, warm 2 tablespoons oil over medium heat. Cook sliced sausage, stirring occasionally, until browned, about 5 minutes. Add 1 ½ teaspoons oil, onions, garlic, and salt, and sauté until onions become soft and translucent, about 5-6 minutes. Add kale and cook an additional 5 minutes.
2. Stir in broth, beans, and tomatoes. Bring to a boil, then reduce heat and gently simmer, uncovered, for 20 minutes.

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