

THE Catholic TABLE

SAUSAGE, KALE, AND TOMATO SOUP

INGREDIENTS

- 2 tablespoons olive oil
- 1 lb. Italian sausage
- 1 large yellow onion, cut into small wedges
- 4 cloves garlic, minced
- 2 tablespoons dried parsley
- 2 teaspoons dried oregano
- 1 teaspoon dried basil
- .5 – 1 teaspoon kosher salt
- 1 – 2 teaspoons crushed red pepper (optional)
- 2 15 oz. cans tomato sauce
- 4 c. water
- 2 8 oz. cans cannellini beans, drained, rinsed
- 2 large bunches of kale, center stems removed and leaves torn into bite-sized pieces
- Shredded parmesan for topping (optional)

INSTRUCTIONS

1. Prep vegetables and set aside.
2. In a large stockpot, heat oil, then add in sausage; cook until the pink is gone and the sausage crumbles.
3. Add onions and garlic; cook until the onions are soft and just beginning to turn golden (about 5 minutes).
4. Stir in parsley, oregano, basil, ½ teaspoon of salt, and 1 teaspoon of crushed red pepper.
5. When the spices are evenly mixed in, add the tomato sauce, water, and beans.
6. Bring to a simmer (about 15 minutes), then add the kale.
7. Cook, covered, until the kale has wilted and the soup is cooked through (about another 10-15 minutes).
8. Check seasonings, adding more salt and crushed red pepper if needs be.
9. Before serving, garnish with shredded parmesan.

