

Red Russian Kale Soup with Italian Sausage



Ingredients:

- 1 lb. spicy Italian sausage (Johnsonville's Hot Italian sausage) or favorite
- 1 medium white or yellow onion, diced
- 2-3 garlic cloves, minced
- 3 medium carrots, diced
- 2 32-oz. cartons chicken stock
- 1 to 2 lbs. red potatoes or favorite, cut into 2-inch pieces
- 1 bunch kale, ribs removed and sliced into 1-inch ribbons
- 1 cup whole milk
- parsley, chopped to taste
- parmesan cheese, grated to taste

Method: : Remove the casings from the sausage, crumble into a large skillet, and cook over medium heat until brown. Put the sausage on a paper towel-lined plate to drain. In same pot add a little oil and onions. Cook 1-2 minutes. Add carrots, garlic and season to taste. Cook 3-4 minutes. Add kale and stir. Add chicken stock, potatoes and sausage. Cover and bring to a boil. Once boiling reduce heat to a low simmer and cook 25 minutes or until the potatoes are tender. Add whole milk and taste for seasoning. Place soup in a bowl and drizzle with extra virgin olive oil. Finish with parmesan cheese and fresh parsley.