
Kale and Italian Sausage Soup

Vernon's Restaurant - Pittsburgh, PA

Pittsburgh Chef's Cook Book - 1989

Servings: 4

1/2 pound kale, stems removed and cut 1/2 inch by 1/2 inch

1 cup diced tomatoes

1 tablespoon chicken base

2 tablespoons tomato paste

1 teaspoon basil

1/8 teaspoon thyme

1 teaspoon garlic, minced

2 cups onions, diced 1/2 inch

1/4 cup celery, diced 1/2 inch

1/2 bay leaf

1/4 teaspoon Krazy salt

1 quart + 2-1/2 cups water

1/2 pound Italian sausage, cooked and drained

2 cups potatoes, diced 1/2 inch

1/2 cup Parmesan cheese (for serving)

In a saucepan, place the kale, chicken base, diced tomatoes, tomato paste, basil, thyme, garlic, onions, celery, bay leaf, Krazy salt and water. Simmer for one hour.

Saute' the Italian sausage (casing removed) in a skillet, crumbling in 1/2 inch pieces. Drain thoroughly.

Add the sausage and potatoes to the pot. Simmer for approximately 30 minutes or until the potatoes are tender.

Sprinkle two tablespoons of Parmesan cheese over each two cup portion.

Soups, Chili, Stew

Per Serving (excluding unknown items): 334 Calories; 19g Fat (48.6% calories from fat); 13g Protein; 31g Carbohydrate; 5g Dietary Fiber; 43mg Cholesterol; 523mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 3 Vegetable; 3 Fat.