

313 MAIN STREET  
AMES, IA 50010  
515.233.4272

M-W 9:30am-6pm  
TH 9:30am-8pm  
FR 9:30am-6pm  
SA 9:30am-5pm



### Spicy Italian Sausage, White Bean & Kale Soup

Serves 4-6

#### **Ingredients:**

1 leek, washed and sliced  
2 tablespoon olive oil  
2 cloves garlic, diced  
1/8 teaspoon crushed red pepper  
1 lb. spicy sausage, cooked in large chunks  
6 cups chicken broth  
1 *Parmigiano Reggiano* rind (optional)  
2 cans of white beans (15 oz. each)  
1 bunch kale, stemmed and torn

#### **Directions:**

1. In a large soup pot sauté the leeks in olive oil for 3-5 minutes over medium-high heat until they begin to soften. Add the garlic and crushed red pepper, and sauté for 1-2 more minutes until fragrant.
2. Move leeks to the sides of the pot, and add the sausage in the center. Chop and stir into large chunks, cook until browned on all sides.
3. Add the broth and bring to a simmer. Optionally add the *Parmigiano Reggiano* rind for extra flavor. Simmer for 15 minutes. Add the beans and continue to simmer for another 5 minutes so that the flavors meld.
4. Right before serving, add the kale to hot soup, stir until wilted. Serve immediately.