



Recipe for: Potato, Kale, and Spicy Sausage Soup

From the kitchen of: Morgan Keating

## Ingredients:

A couple of cloves of garlic, minced  
One small to medium onion or shallot, minced  
1 tsp olive oil  
1/2 lb spicy sausage (FYI plant-based spicy "sausage" works really well!)  
1 lb or so potatoes, cleaned and cubed (skin can stay on)  
1 bunch kale, cleaned and chopped into bite-size pieces  
16 oz broth  
Milk or cream to taste  
Salt & pepper to taste

## Directions

1. In a stock pot sauté garlic and onion in oil until fragrant, which takes a few minutes
2. In the same pot, sauté sausage until nearly cooked through.
3. Add broth and potato cubes to stock pot, bring to boil
4. Simmer 15 - 20 min, or until potatoes are soft
5. Use a wooden spoon or potato masher to break up potatoes. You can make them really smooth or keep some lumps for added texture in the soup
6. Add kale and simmer a few more minutes until kale is soft
7. Add milk or cream (or more broth if you prefer) to reach your favorite soup consistency
8. Season with salt and pepper and enjoy! This soup definitely tastes better the next day.

## Story

My friend Heather made it for me a few winters ago, when our children were small, when we got together for a play date. They're bigger now, and our play dates have been hampered by the pandemic, but I always think of her when I make this soup. It has become a staple in my house. It's comforting, inexpensive, and super easy to make. I make a batch each month during fall & winter! This is a real "home cook" recipe, so amounts are not exact and definitely don't need to be!