

sausage, lentil, and kale soup

Ingredients

- 1 lb. sweet Italian sausage, casings removed
- 1 cup chopped onion
- 2 garlic cloves, chopped
- 4 cups chicken stock
- 2 cups dried red lentils, rinsed
- 1 (28 oz.) can whole peeled tomatoes, drained
- 1 tsp kosher salt
- ½ tsp black pepper
- 5 cups loosely packed baby kale leaves



Instructions

COOK the sausage in a Dutch oven over medium-high, stirring often, until the meat crumbles and begins to brown, about 4 minutes. Add the onions and garlic and cook until the onion softens and the sausage is brown all over, about 4 more minutes.

ADD the stock, stirring and scraping to loosen any browned bits from the bottom of the Dutch oven, Add the lentils, tomatoes, salt and pepper and bring to a boil. Reduce heat to medium-low and simmer until the lentils have softened, 20 to 25 minutes

STIR in the kale and cook, stirring constantly, until softened, about 1 minute.