



Garden Fresh Farm Recipes

Kale, Sausage and Potato Soup

This is our RizzieFarms fall-time favorite soup. It is a hearty soup full of nutrients and flavor. Try it, it will become one of your favorites too.

Ingredients

2 bunches Kale, cleaned and torn into bite sized pieces
12 whole Red Potatoes, Sliced Thin
1 whole Onion, Chopped
2 pound Italian Sausage
1 teaspoon Red Pepper Flakes (more To Taste)
4 cups Low Sodium Chicken Broth
2 cups Whole Milk
4 cups Half-and-half
Generous Splash of Heavy Cream
1 teaspoon Fresh or Dried Oregano
Black Pepper and Salt to Taste



Directions

Prepare the kale and set it aside. We use the prepared package of kale (or kale mixture with cabbage, broccoli, etc.)

In a large pot, crumble and brown the Italian sausage. Drain as much as the fat as you can. Stir in the red pepper flakes, oregano, chicken broth, milk, and half-and-half. Simmer for 30 minutes.

Season as needed. Add the potatoes, a splash of heavy cream for richness, stir in the kale.

Simmer an additional 60 minutes until the potatoes are cooked.

Serve.