

# Taste of Home



## Sausage and Kale Soup

**🕒 Total Time** Prep: 15 Min. Cook: 20 Min.

**Yield** 8 Servings (2 Quarts)

★★★★☆ **🏆 Contest Winner**

**✅ Test Kitchen Approved**

Italian sausage and kale soup is hearty and filling with nutrient-dense ingredients like kale, white beans and a tomatoey broth.

## Ingredients

- 1 package (19-1/2 ounces) Italian turkey sausage links, casings removed
- 1 medium onion, chopped
- 8 cups chopped fresh kale
- 2 garlic cloves, minced
- 1/4 teaspoon crushed red pepper flakes, optional
- 1/2 cup white wine or chicken stock
- 3-1/4 cups chicken stock (26 ounces)
- 1 can (15 ounces) cannellini beans, rinsed and drained
- 1 can (14-1/2 ounces) no-salt-added diced tomatoes, undrained
- 1/2 cup sun-dried tomatoes (not packed in oil), chopped
- 1/4 teaspoon pepper

## Directions

- 1
- In a 6-qt. stockpot, cook sausage and onion over medium heat until no longer pink, breaking into crumbles, 6-8 minutes. Remove with a slotted spoon.
- 2
- Add kale to pot; cook and stir 2 minutes. Add garlic and, if desired, pepper flakes; cook 1 minute. Add wine; cook 2 minutes longer.
- 3
- Stir in sausage mixture and remaining ingredients. Bring to a boil. Reduce heat; simmer, covered, until kale is tender, 15-20 minutes.

## Nutrition Facts

1 cup: 217 calories, 8g fat (2g saturated fat), 51mg cholesterol, 868mg sodium, 15g carbohydrate (5g sugars, 4g fiber), 18g protein.

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My mom dehydrates the last pick of tomatoes from her garden each fall—perfect for quick soups like this one. When I have time to prepare dried beans, I do—but don't worry if you don't. Canned beans are just as good. —Lori Terry, Chicago, Illinois

RECIPE CREATOR

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