

## CARROLL'S PORTUGUESE KALE SOUP

1/4 lb Sweet Italian sausage  
1 Tbs Olive oil  
2 Med Onions, chopped  
5 cloves garlic  
6 lg red or new potatoes, cut into chunks  
1 Bay leaf  
7 C low fat chicken broth/stock  
pinch red pepper flakes  
1 Lg bunch kale, stems removed, chopped  
1/4 tsp black pepper

1. Brown sausage about 20 min, until done through  
Cool and cut into 1/2" slisces
2. Heat olive oil in deep pan; add onions and cook stirring occasionally until translucent (do not brown), stir in garlic & saute 1 minute; add potatoes, bay leaf, chicken broth and red pepper flakes.
3. Bring to boil; simmer until potatoes are soft; use back of spoon and mash potatoes against pan.  
Remove bay leaf. Puree 1/2 of the soup in blender, if desired. Return to pan.
4. Add sausage, kale & pepper. Reheat.

Serve with crunch crust bread.

Source: Carroll Mues