

Creamy Italian Soup

1 ½ cups Italian Sausage

¾ cup onion, chopped

1 ½ teaspoons garlic, minced

32 ounces chicken broth

2 large russet potatoes, diced

2 cups kale, destemmed & cut/torn into bite-size pieces

¾ cup heavy cream

6 slices cooked bacon, chopped

Salt and pepper to taste

¼ cup grated Parmesan cheese, optional

In a large pot over medium heat, cook sausage until browned and no longer pink.

Transfer to a plate to drain.

Add onion to pot and let cook until soft, 5 minutes, then add garlic and cook until fragrant.

Add chicken broth and potatoes to pot and cook until potatoes are tender, about 20-25 minutes.

Stir in kale and let cook until leaves are tender and bright green. 3-4 minutes.

Stir in heavy cream, sausage, and bacon and simmer 5 minutes more. Season with salt and pepper to taste. Garnish with Parmesan cheese and serve. Yield: 4 servings

Nutrition Information Per Serving: Calories - 315, Fat - 17.5g, Sodium - 222.6mg, Carbohydrates - 34.4g, Fiber - 4.7g, Protein - 7.3g

Note: To reduce calories, fat and sodium replace heavy cream with skim milk. Reduce the amount of bacon to 3 pieces and use as a garnish before serving. Use low sodium chicken broth.