



Kale and Italian Sausage Soup

1 pound Italian sausage (we used Bostrom Farms mild Italian pork sausage, but you could use spicy)
1 tablespoon olive oil
1 medium yellow onion, diced
2 medium red or green bell peppers, chopped
3 cloves minced garlic
1/2 - 1 teaspoon garlic powder
8 - 10 Wickham Farms potatoes – about 2 pounds.
Use any kind of our potatoes – we used white and red. Scrub well and cut into 1- inch cubes or smaller. We did not peel them.
5 cups chicken broth
3 cups half and half
8-16 stalks kale, stems removed and leaves chopped – ¼ to ½ pound (you may substitute spinach or Swiss chard if you prefer)



In a cast iron skillet or sauté pan, brown the Italian sausage in the casings. Once they are browned on all sides and cooked through, transfer them to a cutting board and let rest until cool enough to handle without burning your hands. Once they are cool enough to handle, cut link in half the long way, then slice).

Heat the olive oil in a large soup pot. Add the onion and sauté for 5-7 minutes over medium heat, or until tender and golden. Add the bell pepper and garlic and sauté for a couple more minutes, until fragrant.

To the same pot add the potatoes, broth, half and half, and sausage. Cook over medium high heat and bring to a boil. Decrease the temperature to medium-low to low and simmer until the potatoes reach your desired tenderness - approximately 15 - 20 minutes. Season to taste with salt and pepper.

Stir in the chopped kale and cook until just wilted. Serve immediately and top with freshly grated parmesan, if desired.