

Sausage & Kale soup

By Tara Schmakiel

This is one of my absolute favorites. During the season you can substitute fresh veggies for the canned ones and add other fresh veggies as well.

16 oz. package kielbasa, cut into slices
1 large sweet onion
1 red bell pepper, seeded and chopped
4-6 cloves garlic, finely chopped
1-2 bunches Kale, washed and coarsely chopped
1 16 ounce can chick peas, drained
1 cup sweet corn
1 16 oz. can diced tomatoes
2 quarts chicken stock
2 bay leaves
1 teaspoon white pepper
Jasmine rice
Parmesan cheese, grated
Parsley, finely chopped
Cholula to taste

Sauté the sausage in olive oil until browned. Add the onion, bell pepper, and garlic and cook until softened.

Add the kale, cover to wilt. Then season with salt and pepper. Add the chick peas, tomatoes, corn, bay leaves and stock and bring to a boil. Reduce heat and simmer for 10 minutes. Add hot sauce to taste.

Serve over jasmine rice, sprinkled with fresh parmesan and parsley