

The Savory Supe

By Scottie Hines, CGCS Windsong Farm Golf Club



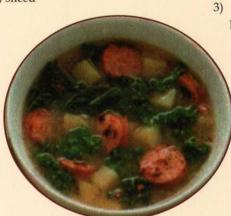
Makes 8 cups. Serves 6. ACTIVE: 10 MIN TOTAL: 35 MIN

Sausage & Kale Soup

2) Add onion and garlic; saute 3 minutes or until onion starts to soften. Add broth. Bring to boil.

8 oz. fully-cooked smoked turkey sausage, sliced 1 medium onion, chopped 1 Tbsp minced garlic 6 cups reduced-sodium chicken broth 3 medium Yukon Gold potatoes (about 1 1/4 lb), peeled and cut in 1/2-inc. chunks 12 oz. fresh kale, stems removed and leaves chopped (8 cups) Crushed red pepper (optional)

1) Heat a 5 qt. pot over medium-high heat. Add sausage and saute 5 minutes or until browned.



3) Stir in potatoes and kale. Simmer, partially covered, 10 to 12 minutes or until potatoes and kale are tender.

> Serve with crushed red pepper, if desired.

Per serving: 202 cal, 11 g pro, 31 g car, 4 g fiber, 4 g fat (1 g sat fat), 25 mg chol, 852 mg sod.

Enjoy,

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