



# 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

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.



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

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,*

*- Scottie Hines CGCS  
Windsong Farm Golf Club*

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