

Organic Sausage Kale Soup

1# organic sausage (mild or hot Italian, Chorizo or Andouille)

3 to 4 medium to large organic potatoes, peeled (if desired) and diced

1 organic onion, minced

1 to 2 organic carrots, peeled (if desired) and diced

4 or 5 leaves of organic Kale (Swiss Chard, Spinach or other greens may be substituted), torn into pieces

2 qt organic chicken broth

1 pint organic heavy cream

1 t. organic red pepper flakes (optional)

Cut sausage into small pieces. Sauté with potatoes, onions and carrots until meat is done. Drain fat. Add chicken broth and red pepper flakes and simmer until vegetables are done. Add heavy cream and heat slowly. When hot, add kale. Heat until wilted and partially cooked.

Enjoy!

Engelbert Farms
Nichols, NY