

## Recipe – Breakfast Kale and Bean Soup

### Ingredients:

- Kale – at least 8 C when chopped
- 3 T olive oil
- 3 garlic cloves, chopped
- 1 large onion, chopped
- 2 or 3 cans beans (14 oz.) (black, pinto, kidney, etc.), rinsed and drained; or prepare one pound of dry beans according to package directions.
- 10 oz can Mexican-style tomatoes with chilies (Rotel or Heinz)
- 28 or 35 oz can diced tomatoes
- ¼ t pepper
- 3 bay leaves
- ¾ t oregano
- 4 C beef or chicken broth
- 1 pound spicy Italian sausage (chicken or pork)
- Garnish: grated parmesan

### Directions:

Rinse kale. Pull out and discard thick stem. Coarsely chop leaves. Set aside.

Heat oil in large pot. Add garlic and onion. Cook about 2 minutes on medium high temp.

Add kale. Cook 2-3 minutes stirring frequently.

Add some broth if kale sticks to pot.

Add beans, tomatoes, pepper, herbs, and broth. Bring soup to a low bubble then put on simmer. Cover and cook about 30 minutes.

While soup simmers, cook up sausage in another pan to render out fat. Remove casing and break links up. Drain meat and add to soup pot.

Sprinkle grated parmesan on each serving.

For a less spicy soup, omit Mexican-style tomatoes and use sweet Italian sausage.