



# Just Recipes.

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## Chicken, Sausage and Kale Soup

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### Ingredients

Serves 6-8

- 1 whole cooked chicken breast, cut crosswise into strips
- ¼ cup [60 ml] extra-virgin olive oil
- 1 medium yellow onion, coarsely chopped
- 1 medium carrot, peeled & coarsely chopped
- 1 celery stalk, trimmed and coarsely chopped
- 2 cloves garlic, finely chopped
- 1 tsp [5 ml] dried thyme (or 1 tbsp [15 ml] fresh thyme)
- ¼ tsp [1.25 ml] dried red pepper flakes
- 2 links sweet Italian sausage (about ½ lb [225 g]), casings removed, meat cut into ½-in [1.5-cm] pieces
- 5 cups [1.2 L] chicken broth
- 1 15-oz [450 ml] can cannellini beans, including liquid
- 1 bunch kale (about ¾ lb [340 g]), washed, stemmed, coarsely chopped
- kosher salt
- freshly ground black pepper



### Method

Heat the olive oil in a large stockpot (large enough to hold all of the uncooked kale) over medium heat. Add the onion, carrot, celery and garlic and sauté until the whole lot is softened but not browned, about 10 minutes. Add the thyme and crushed red pepper flakes, then add the sausage, cooking until the sausage is lightly browned, 3 to 5 minutes. Add the broth, the beans with their liquid, and the kale.

Add the chicken pieces to the pot, cover and simmer, stirring occasionally, until the massive pile of kale is fully incorporated into the soup 20 to 25 minutes. Add salt and pepper to taste, and serve.