Tuscany Sausage + Kale Soup

Makes 4 Cups

1 Tablespoon Olive Oil

1/2 Pound Italian Sausage (no casing) 1/4 Pound Bacon

1/2 Cup Chopped Onion

1 Clove Garlic, chopped

2 Chicken Bouillon Cubes 3 Cups Water

1 Medium Potato, cubed

1 teaspoon Granulated Sugar 1/4 teaspoon Paprika

1 Cup Kale, chopped

1/3 Cup Canned Coconut Milk

Instructions:

1. In a medium pot, saute the sausage and bacon in the olive oil.

Remove the meat from the pan with a slotted spoon, then add the onion and garlic and saute

until soft.

Put the sausage and bacon back in the pot, then add everything else except the kale and milk.

2. Bring to a boil, then simmer for about 10 minutes.

Add the kale and simmer for another 5 minutes.

Just before serving, stir in the milk.

Notes:

No need to refrigerate the coconut milk for this recipe — just shake the can before measuring. If dairy is OK, you can substitute whole milk or half + half in place of coconut milk.

Vegetarian? Omit the bacon and substitute Meatless Italian Sausage (https://www.gluten-free-way.com/recipe-sweet-italian-sausage-vegetarian-and-gluten-free/) for the sausage. Use vegetable broth in place of the chicken broth.

If you cannot find GF bouillon cubes, substitute the bouillon and water with chicken broth. Potatoes can be peeled, if desired.