

Hearty Italian Sausage Soup with Kale and Zucchini

The goods:

- 1 lb. Hot Italian Sausages
- 1 tablespoon olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 2 red peppers, diced
- 2 zucchinis, diced
- 1 bay leaf
- 1/8 teaspoon red pepper flakes
- 8 cups chicken broth
- 1 (28 ounce) can whole tomatoes, crushed
- 1 1/2 cups chopped kale
- 1/4 cup chopped fresh basil
- 2 cups pasta (e.g. elbows, shells), cooked to package instructions
- Salt and black pepper to taste



Let's cook!

1. Remove the sausages from their casings
2. In a large pan on medium heat, brown the sausages while breaking down into bite size pieces and until cooked through
3. Drain grease from the pan and move the cooked meat to a plate with paper towels
4. In a large pot over medium heat add the olive oil
5. Add onion, stir and sauté for 2 – 3 minutes until soft
6. Add garlic, red peppers and zucchini, stir and sauté for 2 – 3 minutes
7. Add bay leaf and red pepper flakes
8. Add broth, tomatoes with juices, kale, basil and sausage
9. Bring to a boil and reduce temperature to low, simmer for 30 minutes
10. Add pasta, stir
11. Add salt and pepper to taste

Recipe by: The Kitchen Tool

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e-mail: thekitchentool@cookandrenovate.com