

# thirty acre farm

## **Kale, Bean, and Hot Italian Sausage Soup**

1 20-Ounce package of Hot Italian Sausage  
1 C. Chopped Red Onion  
1 Stalk of Celery w/ Leaves, diced  
2 Cloves of Garlic, minced  
5 Cups Stock or Broth  
1 1/2 C. peeled, chopped carrots  
1 1/2 C. peeled, cubed potatoes  
1 small fennel bulb, chopped  
1/2 t. dried fennel seed  
2 t. Italian seasonings  
4 C. thinly sliced green cabbage  
3 C. thinly sliced kale leaves w/ tough center removed  
1 15 ounce can of Cannellini Beans, rinsed and drained  
1 14.5 ounce can of diced tomatoes in juice  
1/2 C. freshly grated parmesan cheese, garnish  
1/4 C. slice fresh basil leaves.

Brown sausage in a dutch oven or lg. saucepan for 5 minutes. Add onion, celery and garlic and saute for 5 minutes more. Drain any fat. Add stock, potatoes, carrots, fennel, fennel seed, italian seasonings and salt & pepper to taste. Bring to a boil, reduce heat, simmer, covered for 35-40 minutes or until veggies are nearly tender. Stir in cabbage, kale, beans and tomatoes. Return to boil, reduce heat and simmer 10-15 more. Ladle into bowls and garnish w/ basil and parmesan cheese.