



Anna Jones, MS, RD, LD

Turkey Sausage & Kale Soup

Ingredients:

- 2-3 teaspoons minced garlic
- 1 medium onion, chopped
- 4 chicken or turkey sausage links, cut into small slices
- 1 32 oz. box reduced sodium chicken broth
- 3 small zucchini, cut into cubes
- 1 bag kale
- 1 14.5 oz can diced tomatoes
- 1 15.5 oz can cannellini or other white beans, drained & rinsed

Directions:

Sauté onion and garlic until tender in a large Dutch Oven. Add turkey and cook for 5 minutes. Add broth, zucchini, kale, diced tomatoes, and cannellini beans. Bring to a low boil and reduce heat to medium-low. Cook for 30 – 45 minutes until zucchini is tender.

8 servings

Nutrition Information:

Calories: 159 Fat: 9 g Sat Fat: 2.75 g Cholesterol: 62.5 mg Sodium: 765 mg
Carbohydrate: 33 g Fiber: 9 g Protein: 30 g