

Tuscan kale, white bean & potato soup with sweet turkey sausage

Serves

4–6 (even better the next day)

Ingredients

Base

- 1/2 lb sweet Italian turkey sausage (casings removed if links)
- 1–2 tbsp olive oil (depending on sausage fat)
- 1 medium yellow onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 4 cloves garlic, minced

Soup

- 1 lb Yukon Gold or red potatoes, diced into 1/2–3/4 inch chunks
- 2 (15-oz) cans cannellini or great northern beans
- 6–7 cups low-sodium chicken broth
- 1 tsp kosher salt (start light; adjust later)
- 1/2 tsp black pepper
- 1/2 tsp dried thyme
- 1/2 tsp crushed red pepper flakes (optional, but very Tuscan)

Greens & Finish

- 1 bunch Tuscan (lacinato) kale, stems removed, chopped
- 1/2 cup grated Parmesan (plus more for serving)
- Zest of 1/2 lemon (optional but highly recommended)
- 1–2 tbsp fresh lemon juice
- Extra olive oil for drizzling

Instructions

1. Brown the sausage

In a large Dutch oven or heavy pot over medium heat, brown the turkey sausage, breaking it into bite-size chunks. Cook until nicely caramelized. Remove sausage to a plate and set aside.

2. Build the flavor base

Add olive oil if needed, then sauté onion, carrots, and celery with a pinch of salt until soft and translucent (5–7 minutes). Stir in garlic; cook 1 minute until fragrant.

3. Deglaze & simmer

Add potatoes, beans, broth, thyme, pepper, and red pepper flakes. Scrape up any browned bits. Bring to a gentle boil, then reduce to a simmer and cook 12–15 minutes, until potatoes are tender.

4. Make it creamy (optional but great)

Scoop out about 1½ cups of the soup (beans + broth) and blend until smooth, then stir it back in. This gives you that creamy Tuscan feel without cream.

5. Add sausage & kale

Return sausage to the pot and stir in kale. Simmer 5–7 minutes until kale is tender but still vibrant.

6. Finish like a pro

Stir in Parmesan, lemon zest, and lemon juice. Taste and adjust salt and pepper. Drizzle with good olive oil before serving