

# **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