

Kev's Kitchen

SAUSAGE & KALE SOUP

Time: 30 minutes

Serves: 4

Ingredients:

500g Italian sausage - casing discarded
1 onion - small dice
3 cloves garlic - finely chopped or grated
1l chicken stock
1 bunch kale - chopped and stems discarded
4g salt
1.5g dried oregano
1.5g dried basil
0.5g fresh ground black pepper
10ml red wine vinegar

Preparation:

Place the sausage in a pot on medium heat, cooking and breaking apart until lightly browned.

Add the onion and garlic, stirring often for five minutes.

Add the stock, kale, salt, oregano, basil and pepper.

Bring heat to high until reaching a boil, then reduce heat to simmer for ten minutes.

Remove from heat and stir in the vinegar.

Serve immediately.

Nutritional Information Per Serving:

Calories: 442
Fat: 33g
Carbs: 14g
Fibre: 2g
Protein: 24g