

# Winter Vegetable and Sausage Soup

FROM THE KITCHEN OF  
**DEBBIE MACOMBER**

This Winter Vegetable and Sausage Soup is easy to make and it's jam packed with nutritious veggies. The smoked sausage adds a great flavor and makes this soup that much more hearty. Serve it with some fresh crusty whole grain bread for an ideal winter dinner.

**Serves 6-8**



## Ingredients

- 1 Tablespoon olive oil
- ½ cup chopped onion
- ½ pound smoked beef sausage, halved lengthwise and sliced into ¼-inch slices
- 1 large sweet potato, peeled and cut into ½-inch cubes (about 2 cups)
- 1 small butternut squash, peeled and cut into ½-inch cubes (about 2 cups)
- Pinch red pepper flakes
- 3 cups chicken broth
- 1 cup cannellini beans
- 3 cups chopped kale leaves
- ¼ - ½ teaspoon salt

## Directions

In a large, heavy pot, heat oil over medium-high heat. Add onion and sauté for 2-3 minutes, until onion is soft and translucent. Add sausage and sauté for 5-6 minutes, until lightly browned. Add sweet potato, squash, red pepper flakes, and broth. Bring to a boil, scraping the bottom of the pan to loosen any brown bits. Cover and reduce heat to a simmer. Cook for 10-12 minutes, until sweet potato and squash are fork tender. Uncover, and stir in beans and kale. Simmer for 1-2 minutes more, until heated through and kale is wilted. Season with salt to taste.