



### **Sweet Potato, Sausage and Kale Soup**

*Adapted from Cooking Light*

- 1 tablespoon olive oil
- 4 cups chopped onion (about 2 large)
- 1 teaspoon salt, divided
- 1 teaspoon crushed red pepper
- 6 garlic cloves, thinly sliced
- 1 pound bulk spicy turkey Italian sausage
- 8 cups coarsely chopped peeled sweet potato (about 2 1/4 pounds)
- 5 cups water
- 4 cups fat-free, less-sodium chicken broth
- 1 bunch kale, chopped
- 1 (16-ounce) can chickpeas or white beans, drained and rinsed

Heat oil in a large Dutch oven over medium-high heat. Add onion; sauté 5 minutes. Add 1/2 teaspoon salt, pepper, and garlic; sauté 1 minute. Remove casings from sausage; add sausage to pan. Cook 5 minutes or until sausage is lightly browned, stirring to crumble. Add potato, 5 cups water, and broth; bring to a boil. Reduce heat, and simmer 8 minutes. Gradually add kale; cook 10 minutes or until tender. Stir in remaining 1/2 teaspoon salt (to taste) and beans; cook 5 minutes or until thoroughly heated.