

Kale and Red Bean Soup

1 tablespoon extra-virgin olive oil
10 oz andouille sausage, halved lengthwise and sliced 1/4 inch thick
1 cup chopped onion
1 cup chopped carrot
2 tablespoons minced garlic
6 cups chicken broth or stock
1 14-ounce can or fresh diced tomatoes
1 tablespoon chopped fresh marjoram or thyme
1 pound potatoes, halved and sliced 1/4 inch thick
1 bunch kale, stems removed, cut into 1/4-inch strips
1 15 oz can kidney beans, rinsed
1/2 cup chopped fresh parsley
1/4 teaspoon salt
Ground pepper to taste

Heat oil in a large pot over medium heat. Add sausage and cook, stirring often, until lightly browned, 4 to 5 minutes. Transfer the sausage to a plate. Add onion and carrot to the pot; cover and cook, stirring occasionally, until soft, 5 to 10 minutes. Stir in garlic and cook 1 minute more. Add broth (or stock), tomatoes with their juice and marjoram (or thyme). Cover and bring to a boil. Add potatoes, reduce heat and simmer, uncovered, for 10 minutes.

Stir in the reserved sausage, kale (or other greens), beans and parsley. Return to a simmer and cook, stirring often, until the potatoes are tender, 4 to 5 minutes more. Season with salt and pepper.

Adapted from Eatingwell.com