

Kale & Cannellini Bean Soup

Recipe By: Keely Childers Heany, *Susquehanna Style Magazine*

Serves 4

2 32 oz boxes vegetable or chicken broth

1 bunch of farm fresh kale

1 14.5 oz can white/cannellini beans

1 onion, diced

4 cloves garlic, chopped

1/8 tsp crushed red pepper flakes (optional/to taste for heat)

1 lb. hot Italian turkey sausage (optional)

1 Tbs olive oil

Salt and pepper to taste

Heat soup pot over medium heat and add olive oil, sliced sausage if using, onions, and garlic just before everything is cooked through and onions are translucent.

Pour in broth and bring to a boil, adding red pepper flakes and kale to simmer for 5 minutes. Stir in beans and heat through for a few more minutes. Serve with warm baguettes and/or parmesan tuilles.