



White Bean and Kale Soup

INGREDIENTS:

- ½ pound lean turkey Italian sausage
- 2 cups frozen carrot, onion, and celery blend
- 1 (15.5 ounce) can no-salt-added or low-sodium white beans
- 12 ounces frozen chopped kale (or one bunch fresh kale, chopped)
- 1 (15.5 ounce) can no-salt-added or low-sodium diced tomatoes
- 4 cups low-sodium chicken broth

DIRECTIONS:

1. In a soup pot, brown sausage over medium-high heat. Drain any excess fat left after cooking.
2. Add remaining ingredients and bring to a boil.
3. Reduce heat to a simmer and cover pot. Allow to cook 20-30 minutes.

Source: Arkansas Foods Recipe Calendar 2018 | **Yield:** 6 (1 cup) servings; 196 Calories per serving. Total fat 5g; Protein 17g; Total carbohydrate 24g; Dietary fat 6g, Sodium 321mg