

Kale and Spicy Sausage Soup

8 – 10 ounces spicy Italian sausage
1 rib celery, sliced thin
1 medium onion, sliced
2 large carrots, sliced in thin rounds
2 minced garlic cloves
½ cup white wine
2 quarts chicken stock
½ to 1 teaspoon dried oregano
[or double the amount of fresh]
1 medium potato sliced thinly
About 8 ounces of cleaned and chopped kale
1 cup half and half



Brown the sausage in a tablespoon or so of olive oil. You can brown it whole and slice it after cooling a bit, or remove from the casings and brown in crumbles – it is a matter of preference, and either way, set the cooked sausage aside.

In the drippings from the sausage, sweat the celery, onion, carrots and garlic. Cook about 5 minutes, until slightly softened.

Deglaze the pan with the wine, and cook until mostly reduced.

Add the chicken stock and bring up to a simmer. Add back the sausage, along with the potato slices and the kale.

Keep at a simmer, just until the potatoes are tender, stirring every so often.

Stir in the cream and bring back to serving temperature.

Serve in bowls with a few shavings of an aged Italian cheese if you like.

