



# Italian Sausage, Kale and Tortellini Soup

Makes 6 servings

## Ingredients

16-19 ounces mild or hot Italian sausage, removed from casings  
1 tablespoon olive oil  
1 medium onion (1 ½ cups), chopped  
3 large carrots (1 ⅓ cups), chopped  
4 cloves garlic, minced  
5 cups low-sodium beef broth  
(2) 14-ounce cans diced tomatoes

(1) 8-ounce can tomato sauce  
1 tablespoon Italian seasoning (oregano, marjoram, thyme, basil, rosemary and sage)  
Salt and pepper  
9 ounces three-cheese tortellini (frozen or fresh)  
2 cups packed chopped kale (thick ribs removed)  
Finely shredded parmesan cheese (optional)

## Instructions

1. Heat olive oil in a large pot over medium-high heat.
2. Crumble sausage into pot, stirring occasionally until cooked through; drain all but 1 tablespoon of fat.\*
3. Add onions and carrots and saute until just tender, about 3 minutes, add garlic and saute 1 minute more.
4. Stir in beef broth, tomatoes, tomato sauce, Italian seasoning, salt and pepper and bring to a boil.
5. Return sausage to pot.
6. Cover and reduce heat to medium-low, simmer until carrots are tender, about 15 minutes.
7. Stir in tortellini and kale, cover and cook 7-9 minutes.
8. Serve with parmesan cheese on top.

\*If sausage doesn't render 1 tablespoon of fat, olive oil can be substituted.

## Nutrition Facts

Serving Size: 1.5 cups; Calories Per Serving 419; Total Fat 35g; Cholesterol 64mg; Sodium 1,025mg; Potassium 495mg; Carbohydrates 22g; Protein 19g

Source: [www.cookingclassy.com](http://www.cookingclassy.com)

