

Sausage, Potato, & Kale Soup with Tortellini

This is one of our favorite soups to make when the temperatures start to drop and the snow falls. The tortellini can be omitted if you're eating low-carb, but adds a fun and colorful element that the kids love. Use a spicy or link sausage to change up the flavor and texture.

Source

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(TheCookingDish.com)



INGREDIENTS

- 1 lb. sausage
- ½ large yellow onion, medium dice
- 2 medium carrots, medium dice
- 2 medium celery stalks, medium dice
- 1 medium jalapeño chile, small dice
- 8 cloves garlic, large, rough chop
- 2 tsp red pepper flakes, optional
- 12 cups chicken stock, divided
- ½ tsp liquid smoke
- 2 medium russet potatoes, sliced to 1/4" rounds
- 2 cups tortellini, small, tri-color with cheese stuffing
- 5 cups curly kale, chopped (~4 large leaves)

METHOD

1. Brown Sausage: Brown sausage in a 5-quart pan over medium heat. Once browned, remove the sausage to a paper-toweled plate to let the oil drain. Keep a small portion of sausage grease in pan, and add the onion, carrot, celery, and jalapeño.

2. Brown Vegetables: When the vegetables are slightly browned, add in the garlic and (optional) red pepper flakes. Continue cooking until garlic and flakes are browned. Add 6 cups of your chicken stock, and bring to a simmer.

3. Blend with Broth*: By this time, your vegetables should be soft. Use an immersion blender to evenly blend the vegetables and stock together until no chunks remain.

4. Add Remaining Stock: When the broth and vegetables are fully blended, add the remaining 6-cups of stock and the liquid smoke. Bring broth to a simmer. If you have any grease patches floating along the top, now is a good time to skim them off.

5. Add the Rest: Pat any extra grease off the sausage with a paper towel and then add to the simmering broth. Also add in your potato and tortellini. Bring back to a simmer and let cook for 12-15 minutes. Add Kale and let simmer for another 5 minutes. Soup is done when potatoes can be pierced with a fork but not fall apart. Tortellini should be al dente (slightly firm but easily gives).

Preparation

- Prep: 20 Minutes
- Cook: 55 Minutes
- Total Time: 1 Hour 15 Minutes

Difficulty



Course

Main

Cuisine

North American : United States : Midwestern

Nutrition Facts	
10 Servings	
Amount Per Serving	
Calories 366	
Total Fat	14.78g
Cholesterol	49mg
Sodium	868mg
Total Carbohydrate	35.29g
Dietary Fiber	3.05g
Sugars	7.38g
Protein	19.75g



* If you don't have an immersion blender, that's okay. I made soup for years using my counter-top blender. Before adding the first bit of broth, scrape your browned vegetables into a blender and then add enough stock to let the vegetables liquefy. Pour back into your pot and add the rest of the stock. You may have to do this in batches depending on your blender size.



- Use spicy sausage to kick up the soup's heat.
- Red pepper flakes are optional, but oh so good.
- You can use any type of sausage, it doesn't have to be raw or ground.
- Omit the tortellini if you're trying to low-carb it. Admittedly, I usually add it for the kids.

(Servings: 10 | Yield: 10 bowls)