

Tortellini Soup with Sausage and Kale

Strysick's

Ingredients:

2 tablespoons extra-virgin olive oil
3 hot or mild Italian sausage links (8 to 10 ounces), casings removed, meat crumbled
1 large onion, chopped
4 cloves garlic, minced
1/2 teaspoon finely chopped rosemary
1/4 teaspoon red pepper flakes
1 32oz box low-sodium chicken Stock (I use Swanson)
1 26 oz box strained tomatoes (I use Pomi)
Kosher salt to taste
2 cups packed Kale chopped into small pieces
1 10-ounce package fresh cheese tortellini
(I use Rana 5 Cheese) Frozen okay too
Grated Parmesan cheese, for topping

Directions:

1 Heat the olive oil in a large wide pot or Dutch oven over medium-high heat. Add the sausage and cook, stirring and breaking it up into chunks, until browned all over, 4 to 5 minutes. Add the onion and cook, stirring occasionally, until tender, about 5 minutes. Add the garlic, rosemary and red pepper flakes; cook, stirring, until the garlic is softened, about 1 minute. Add the chicken broth, tomatoes. Bring to a boil, then reduce the heat and simmer until the soup is slightly thickened, about 15 minutes.

2 Increase the heat to medium high and bring the soup to a rapid simmer. Add the kale and tortellini and cook until the broccolini is tender and the tortellini is cooked through, about 3 minutes.

3 Top with grated Parmesan.