



Sausage, Bean & Kale Soup

shared by:

TVF&R's North Operating Center
20665 SW Blanton St., Aloha



Ingredients

1 medium onion, diced
4 cloves of garlic, minced fine or grated
1 pound turkey Italian sausage (use spicy if you like or see note below to make your own)
1 tablespoon olive oil
1 quart chicken broth
4 cans white kidney beans (such as cannellini beans)
1 bunch chard (red or green), center stalk removed, cleaned, and chopped
2 teaspoons Italian seasoning
Salt and pepper to taste

Directions

Cook sausage in skillet. Drain well and set aside. Heat a large pot over medium heat. Add oil. When oil is hot, add diced onion. Sweat over medium low heat for about 7 minutes - you don't want them to color, just get them really soft. Add garlic. Cook for about 2 minutes until you smell the garlic. Add Italian seasoning. Drain and rinse two cans of beans. Puree the beans with a bit of chicken broth either using a food processor or blender. Once pureed, add them to the pan with the remaining chicken broth. Drain and rinse remaining beans. Add to pot. Add chard and sausage to pot. Cook until chard is fully wilted, about 10 minutes. Add remaining can of beans to soup. Season to taste. Yield – 4 servings

If you find that the premade sausage has too much sodium, you can make your own version.

Add 1 pound lean ground turkey, 3 1/2 teaspoons paprika, 2/3 teaspoon garlic powder, 1 1/2 teaspoons salt (cut down as much as you want or just omit), 1/2 teaspoon fennel seed, 1 teaspoon freshly ground black pepper, and 1/4 teaspoon crushed red pepper flakes (optional—this makes it "spicy" Italian sausage).

This center manages the emergency operations for TVF&R's north fire stations and the community services, education, prevention, and preparedness programs for the area served by these stations. The facility is home to the District's Fleet Services, which maintains emergency apparatus for TVF&R, and is also used for firefighter training.