

Kale Soup with Portuguese Sausage

Yield: 20 min
Total Time: 615 min

Recipe from: <https://www.recipeschoose.com/recipes/williams-sonoma-portuguese-kale-soup-recipe>

Ingredients:

- 1 quart beef stock
- 1 quart chicken stock
- 29 ounces white beans rinsed and drained
- 1/2 onion unchopped
- 3 cloves garlic cloves whole
- 2 teaspoons kosher salt
- 1 teaspoon ground black pepper
- 2 sprigs fresh thyme
- 1/2 pound andouille sausage Portuguese, sliced
- 2 bunches kale torn into small pieces
- 1 stalk celery diced
- 2 carrots chopped, or more to taste
- 1/4 teaspoon garlic salt or to taste

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 10 milligrams
4. Fat: 4 grams
5. Fiber: 3 grams
6. Protein: 8 grams
7. SaturatedFat: 1 grams
8. Sodium: 500 milligrams
9. Sugar: 2 grams

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