

# Kale & Potato Soup with Garlic Sausage

*From the blog For Love of the Table*

1/4 c. Extra Virgin olive oil, plus more for drizzling  
6 to 8 oz. garlic sausage  
2 medium onions (about 12 oz.), thinly sliced  
4 cloves garlic, peeled & chopped  
1 pound Yukon Gold Potatoes, peeled, halved lengthwise and sliced crosswise 1/4-inch thick  
1 large bunch kale (about 8 oz.), stemmed, washed thoroughly and coarsely chopped  
Salt & freshly ground  
6 cups chicken stock  
Freshly grated Parmesan

In a heavy soup pot set over medium heat, warm a thin film of the olive oil. Add the sausage and brown. Lift out and add the remaining olive oil. Add the onions and cook, stirring occasionally, until soft, tender, and slightly browned—about 12 to 15 minutes. Add the garlic and continue to cook until fragrant—1 or 2 minutes. Add the kale along with a generous pinch of salt and using a tongs, turn to coat. Cover and cook over low heat for 10 minutes—the kale will collapse and will begin to soften. Uncover and add the potatoes along with another pinch of salt. Cook, stirring occasionally, for 2 or 3 minutes (so that the potatoes will begin to give up some starch). Pour in the stock. Raise the heat, bring to a boil, then immediately reduce the heat to a simmer and cook for 30 minutes, or until the kale and potatoes are tender.

While the soup simmers, slice the sausage in 1/4-inch thick rounds. Add to the soup for the last ten minutes of cooking. Taste the soup and add more salt if necessary. Serve hot and garnish each serving with a drizzle of olive oil and a sprinkling of cheese.

Makes 2 quarts soup.

Variations:

- Use a precooked sausage such as Kielbasa, Linguica or Aidells Roasted Garlic & Gruyère Chicken Sausage (my favorite)
- Waters' original version did not include sausage. You may leave it out and just begin by cooking the onions in all of the oil.
- You may use any variety of kale that you prefer. Waters' original recipe was for curly kale. I prefer Tuscan.
- Add 1 1/2 cups cooked white beans with the sausage for a more substantial soup. If using canned, rinse them before adding. If freshly cooked, add them with their cooking liquid. If using canned, you may need to add more broth or water.

(Recipe adapted from [The Art of Simple Food](#) by Alice Waters)

<https://www.forloveofthetable.com/2017/01/kale-potato-soup-with-garlic-sausage.html>

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