Veggie Kielbasa Soup

Ingredients:
1 cup kale
1 cup black beans, canned
1 cup potatoes, diced
1/2 cup carrots, sliced
1/4 cup onion, sliced
1 clove garlic, minced
2 teaspoons canola oil
4 cups water
1/4 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon cayenne pepper
1 cup turkey kielbasa sausage, sliced

Directions:
1. Wash kale and remove tough stems. Cut kale into thin shreds.
2. Open and drain canned beans, using a colander. Rinse beans under tap water until water runs clear.
3. Wash potatoes using a vegetable brush. If potatoes are in good condition, there is no need to peel. Dice potatoes. Cutting the potatoes into small pieces will reduce cooking time and distribute flavors evenly.
4. Wash, peel and thinly slice carrots. If carrots are in good condition, there is no need to peel them. Chop onion. Mince garlic. Place carrots, onion and garlic in a bowl.
5. Heat oil in large pot on medium. Add carrots, onion and garlic; sauté 3 to 5 minutes.
6. Add water, salt, pepper, and cayenne pepper to the pot. Cover and bring to a boil. Add potatoes and black beans to boiling water. Cover, reduce heat, and cook 10 to 15 minutes until potatoes are tender.
7. Cut sausage in half lengthwise; then slice into pieces. Cutting kielbasa into smaller pieces distributes flavor more evenly.
8. Add kale and sausage to soup. Bring to a boil, reduce heat and cook uncovered for 5 - 10 minutes.

Yields about 5 servings

Source: Cooking Up Fun! Vary Your Vegetables, Session 4B

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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