



Barbara's Picks!

Kitchen-tested by Morden's
own Barbara Dixon

Morden's Organic Farm Store

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Kale, Bean and Sausage Soup

2 Tbsp olive oil
1 medium sized onion, sliced
2 cloves garlic, minced
1 large baking potato, peeled and cubed
4 cups water
1 bay leaf
½ tsp paprika
¼ tsp each salt and pepper
6 cups chopped Kale leaves
1 can white kidney beans, drained and rinsed
8 oz cooked sausage, cubed or sliced

1. In a large pot, heat ½ of the oil over medium heat; cook onion and garlic, stirring occasionally until softened, 4 to 5 minutes
2. Add potato, bay leaf and paprika; cook, stirring for 1 minute
3. Pour in 4 cups water, salt and pepper; bring to a boil. Reduce heat, cover and simmer until potato is tender-firm, about 10 minutes
4. Add kale and beans; simmer until kale is tender, 5 to 7 minutes. Discard bay leaf
5. Heat remaining oil and fry sausage until browned
6. Sprinkle over bowlfuls of soup to serve

Freezes well