

Mini Sausage Meatball, Kale & Potato Soup

INGREDIENTS

Mini Sausage Meatballs

- 1 lb mild Italian sausage
- 2 Tbsp grated Parmesan (optional)
- ½ tsp garlic powder (optional)

Soup

- 1 Tbsp olive oil
- 1 small yellow onion, diced
- 3 cloves garlic, minced
- 4 cups Yukon gold or red potatoes, diced
- 6 cups low-sodium chicken broth or chicken bone broth
- ½ tsp salt, plus more to taste
- ½ tsp black pepper
- 1½ tsp Italian seasoning
- 1 bunch kale, stems removed and chopped

Optional Creamy Finish (Choose One)

- ½-1 cup heavy cream
- ½-1 cup canned coconut milk
- ½-1 cup whole milk or 2% milk

DIRECTIONS

1. In a bowl, combine sausage with Parmesan and garlic powder (if using). Roll into small, bite-size meatballs (about 1 teaspoon each).
2. Heat olive oil in a large pot or Dutch oven over medium heat. Add meatballs and brown on all sides, 4-5 minutes. They do not need to cook through. Remove to a plate.
3. In the same pot, add onion and cook 3-4 minutes until soft. Add garlic and cook 30 seconds until fragrant.
4. Add potatoes, broth, salt, pepper, and Italian seasoning. Bring to a boil, then reduce to a simmer. Add meatballs back to the pot and cook 12-15 minutes, until potatoes are tender and meatballs are cooked through.
5. Stir in kale and cook 2-3 minutes, just until wilted.
6. Optional: Stir in your choice of cream, coconut milk, or milk. Warm gently (do not boil). Taste and adjust seasoning.