

Sausage, Sauerkraut and Kale Soup

Laura Gutschke - USA Today Network (Texas)

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Servings: 4

Leeks can taste gritty if not properly processed because they draw up loose soil in the stem while growing. To avoid that, cut the roots and green tops from the middle white section. Then cut the white middle section in half lengthwise. Soak the halves in a bowl of water, swishing them two or three times. The dirt will sink to the bottom of the dish. Dry the leeks before slicing or dicing them.

1 pound German-style smoked sausage, sliced about 1/3-inch

2 leeks, well washed and sliced thin

2 cups sauerkraut, well rinsed and chopped

4 cups beef broth

2 cups kale (or chopped baby spinach), well washed and chopped

salt (to taste)

lemon pepper OR pepper (to taste)

dash cayenne

sour cream (for garnish)

spicy brown mustard (for garnish)

In a large stockpot over medium heat, saute' the smoked sausage until starting to darken, about 10 minutes.

Add the leeks and saute' for 3 minutes.

Add the sauerkraut and broth. Bring just to a boil. Reduce heat to a simmer.

Add the kale. Season to taste with salt, lemon pepper and cayenne. Cook until the kale is tender, about 10 minutes. Taste and adjust the seasonings.

Ladle the soup into bowls. Serve with sour cream and mustard on the side.

Serve the soup with crusty bread and it's a one-pot meal.

Per Serving (excluding unknown items): 109 Calories; trace Fat (2.4% calories from fat); 12g Protein; 15g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 2068mg Sodium. Exchanges: 1 Lean Meat; 2 Vegetable.