

White Bean, Kale and Kielbasa Soup

Steven Ratchlen - Man Made Meals
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Servings: 4

1 bunch kale or collard greens
1 tablespoon olive oil
8 ounces kielbasa or fresh Italian
sausage (mild or spicy), thinly sliced
crosswise
1 large leek (white and light green
part only) OR 1 bunch green onions,
sliced
1 can (15 ounce) white beans (such as
cannellini or navy), rinsed and
drained
3 cups reduced-sodium chicken broth
1/2 teaspoon coarse salt
freshly ground black pepper
1 to 2 ounces freshly grated
Parmigiano Reggiano cheese

Rinse the kale, shake dry, and cut out and
discard the tough center stems. Roll the leaves
lengthwise into a tight tube and cut crosswise
into 1/2-inch strips. Set aside.

Heat the oil in a heavy saucepan over medium
heat. Add the kielbasa and cook until browned,
about 5 minutes.

Add the leeks and cook over medium heat for
about 3 minutes. Add the kale and cook until
wilted, about 3 minutes.

Stir in the beans and chicken broth. Bring to a
boil. Reduce the heat and simmer until the kale
is tender, 10 to 15 minutes. Add the salt and
pepper.

Ladle the soup into bowls. Grate the cheese on
top.

Per Serving (excluding unknown
items): 30 Calories; 3g Fat (100.0%
calories from fat); 0g Protein; 0g
Carbohydrate; 0g Dietary Fiber;
0mg Cholesterol; 235mg Sodium.
Exchanges: 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	30	Vitamin B6 (mg):	0mg
% Calories from Fat:	100.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	0.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.0%	Riboflavin B2 (mg):	0mg

Total Fat (g): 3g
Saturated Fat (g): trace
Monounsaturated Fat (g): 2g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 0g
Dietary Fiber (g): 0g
Protein (g): 0g
Sodium (mg): 235mg
Potassium (mg): 0mg
Calcium (mg): 2mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 0mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Folacin (mcg): 0mcg
Niacin (mg): 0mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0.0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 30 Calories from Fat: 30

% Daily Values*

Total Fat	3g	5%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	235mg	10%
Total Carbohydrates	0g	0%
Dietary Fiber	0g	0%
Protein	0g	
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		0%

* Percent Daily Values are based on a 2000 calorie diet.