

Sweet Potato, Sausage, and Kale Soup

2 tablespoons olive oil

4 cups chopped onion (about 2 large)

1 teaspoon salt, divided

1/2 teaspoon crushed red pepper

6 garlic cloves, thinly sliced

1 pound ground sweet Italian sausage

8 cups coarsely chopped peeled sweet potato (about 2 1/4 pounds)

5 cups water

4 cups chicken broth

1 (16-ounce) package prewashed torn kale

1 (16-ounce) can cannellini beans or other white beans, rinsed and drained

Heat oil in a large Dutch oven over medium-high heat. Add onion; sauté 5 minutes. Add 1/2 teaspoon salt, pepper, and garlic; sauté 1 minute.

Add sausage to pan. Cook 5 minutes or until sausage is lightly browned, stirring to crumble. Add potato, 5 cups water, and broth; bring to a boil. Reduce heat, and simmer 8 minutes.

Gradually add kale; cook 10 minutes or until tender. Stir in remaining 1/2 teaspoon salt and beans; cook 5 minutes or until thoroughly heated.