

Greens and Potato Soup with Turkey Sausage

- 1 Tablespoon cooking oil
- 1 lb turkey sausage (bulk or links with casing removed)
- 1 onion diced
- 2 cloves of garlic minced
- 1 quart chicken or turkey stock
- 2 cups water
- 1 1/2 lbs potatoes, diced
- 1 teaspoon salt (or to taste)
- 1/4 teaspoon black pepper
- Pinch red pepper flakes
- 1 large bunch of kale or collard greens, stems removed and chopped

In a large pot, heat oil and add sausage, turning until browned on medium.

Remove sausage, reduce heat to low, add onion and garlic to drippings, stir occasionally for 5 minutes.

Add all remaining ingredients except greens and bring to a boil.

Add greens, return to a simmer, cover and cook for 45 minutes. t.m.s