

Chicken Sausage Kale Soup

INGREDIENTS

- 2 tablespoon oil
- 16-ounces Italian chicken sausage, casings removed
- 1 cup chopped onions
- 1 cup chopped carrots
- 3 cups chopped kale
- 1 teaspoon salt, divided
- 2 cloves garlic, minced
- 1/8 teaspoon crushed red pepper flakes, optional
- 1/4 teaspoon dried thyme
- 1/4 teaspoon dried sage
- 1/4 teaspoon dried oregano
- 6 cups chicken stock
- 1 15-ounce can chickpeas, drained
- 1 cup Parmesan cheese, for garnish

DIRECTIONS

1. In a large pot, heat the oil over medium-high heat. Add the chicken sausage and cook, breaking up meat into pieces, until it has browned, about 4-6 minutes.
2. Add the onions, carrots, kale and 1/2 teaspoon of salt. Continue cooking, stirring occasionally, until vegetables have just softened and the sausage is cooked through, about 5-7 minutes
3. Add the garlic, crushed red pepper, and dried herbs. Saute until fragrant, about 1 minute.
4. Add 1/2 cup of stock to deglaze the pan, scraping up any browned bits, and then add the remaining stock and chick peas. Bring to a boil and simmer for 15-20 minutes.
5. Serve with a sprinkle of Parmesan cheese.



Spinach Dumpling Soup

INGREDIENTS

- 1 tablespoon oil
- 1-inch of fresh ginger, minced or grated
- 3 cloves garlic, minced
- 1 bunch of green onions, thinly sliced, whites and greens separated
- 6 cups chicken stock
- 3 tablespoons soy sauce
- 1 cup shredded carrots
- 8 ounce shelled edamame
- 24-ounces frozen mini dumplings (wontons)
- 2 cups baby spinach
- hoisin sauce, for serving
- chili crisp oil, for serving

DIRECTIONS

1. In a large pot, heat oil over medium heat. Add garlic and ginger and saute until fragrant, about 1 minute.
2. Add the whites from the green onions and saute another minute.
3. Add the chicken stock, soy sauce, shredded carrots, and edamame. Bring to a boil and simmer for 5.
4. Add in the frozen dumplings and return to a boil. Cook until the dumplings are floating at the top, using the package direction as a guide for timing. Approximately 4-6 minutes.
5. Stir in the baby spinach and remove from the heat.
6. Serve with the sliced green onions, hoisin sauce, and chili crisp oil.



Winter Greens Tortellini Soup

INGREDIENTS

- 1 tablespoon oil
- 1 yellow onion, finely diced
- 3 cups shredded Brussels sprouts
- 2 cups thinly sliced kale, stems removed
- 2 cloves garlic, minced
- 8 cups vegetable stock
- 20-ounces cheese tortellini, fresh or frozen
- salt and pepper, to taste
- Parmesan cheese, for serving
- toasted pine nuts, for serving

DIRECTIONS

1. In a large pot, heat oil over medium-high heat. Add onions and saute until softened, about 4-5 minutes.
2. Add the shredded Brussels sprouts and saute until they begin to brown, about 4-5 minutes.
3. Stir in the garlic, kale, and salt; saute another 2-3 minutes.
4. Add vegetable stock and bring to a boil. Reduce heat and simmer soup for 5-8 minutes until the vegetables have softened.
5. Toss in the tortellini and cook until all of the tortellini are floating, about 4-6 minutes. Do not overcook.
6. Serve with Parmesan cheese and toasted pine nuts.



Coconut Curry Lentil Soup

INGREDIENTS

- 1 1/2 tablespoon coconut oil
- 1 large onion, finely diced
- 2 cloves garlic, minced
- 1-inch fresh ginger, minced or grated
- 2 tablespoons tomato paste
- 1 1/2 tablespoons curry powder
- 1/8 teaspoon crushed red pepper flakes
- 4 cups vegetable broth
- 15-ounce can coconut milk
- 15-ounce can diced tomatoes
- 1 1/2 cups dried red lentils
- 3 cups baby spinach
- 1 cup chopped cilantro
- salt and pepper, to taste

DIRECTIONS

1. In a large pot, heat oil over medium-high heat. Add onions, garlic, and ginger and saute until onions are softened, about 4-6 minutes.
2. Add tomato paste, diced tomatoes, curry powder, red pepper flakes, and salt to taste. Saute for 6-8 minutes until the tomato mixture cooks down. The additional saute time is optional and can be skipped to reduce overall cooking time.
3. Add vegetable broth, coconut milk, and lentils. Bring to a boil and then reduce heat to a simmer. Cover and cook until the lentils are tender and falling apart, about 15-20 minutes.
4. Taste and adjust seasoning, adding salt and pepper, and stir in the baby spinach.
5. Serve with chopped cilantro.

