**Kale, White Bean and Italian Sausage Soup**

Serves 4-5

**Ingredients:**

2 Italian sausages

10ml olive oil

¼ onion, small diced

½ medium carrot, small diced

½ celery rib, small diced

2 garlic cloves, minced

1ml crushed red pepper flakes

1ml salt

1ml pepper

1000ml chicken broth

175ml white kidney beans

1 bunch kale, rinsed, stems removed, leaves torn into bite-sized pieces (approx. 4 cups firmly packed)

5ml lemon juice

**Method:**

1. Remove the sausage from its casing and tear it by hand into bite-size pieces. Heat 5ml of the olive oil in a medium to large saucepan over medium heat. Add the sausage and cook, stirring occasionally, until lightly browned, about 5 minutes. With a slotted spoon, transfer the sausage to a plate, leaving any rendered fat in the pot.
2. Add the remaining 5ml olive oil to the pot and add the onion. Cook, stirring frequently, until fragrant and beginning to soften, about 2 minutes. Add the carrot and celery and cook, stirring frequently, until they begin to soften and brown, about 2 minutes more. Stir in the garlic, pepper flakes, salt, and pepper and cook, stirring, until the garlic is fragrant, about 1 minute more.
3. Add the chicken broth and bring to a boil over high heat.
4. When the broth reaches a boil, reduce the heat to medium, add the sausage along with any collected juices, and half the beans. Mash the remaining beans with a fork or wooden spoon and add them to the pot, stirring to distribute.
5. Stir in the kale, adjust the heat as necessary to maintain a gentle simmer, and simmer until the kale is tender, 15 to 20 minutes. Stir in the lemon juice and season to taste with salt and pepper, if necessary.