



**BRAIN HEALTHY
COOKING**

Soup

Hearty Sausage & Bean Soup



Ingredients

- 4 OZ chicken sausage, chopped
- 3 CUPS fat-free, less-sodium chicken broth
- 1 (14.5 OZ) CAN no-salt-added diced tomatoes, un-drained
- 6 CUPS (8 OZ) coarsely chopped kale
- 1 (16 OZ) CAN navy beans, drained and rinsed

Makes 4 Servings

Directions

1. Heat a large saucepan over medium-high heat
2. Add chicken sausage to pan; cook 2 minutes, stirring occasionally
3. Add chicken broth and diced tomatoes and bring to a boil over high heat
4. Stir in kale, reduce heat, and simmer 4 minutes or until kale is tender
5. Stir in beans, and cook 1 minute or until soup is thoroughly heated
6. Ladle soup (1¾ cups serving size) into individual bowls and serve

