

Italian Sausage Soup

2 slices bacon

1/2 lb lean Italian turkey sausage

2 large russet potatoes, cut into 1/2" cubes

1 large onion, chopped

2 cloves garlic, chopped

1 tsp Italian seasoning

1/2 tsp salt and

1/4 tsp pepper

1/4 crushed red pepper flakes

2 cans, 14 oz each, chicken broth

4 cups water

4 cups chopped fresh kale or swiss chard leaves

1 can cannellini beans, drained and rinsed

1 cup fat free half and half

Directions: In 4 qt sauce pan cook bacon until crisp, drain on paper towels. Crumble bacon and set aside. Remove drippings from saucepan. In same pan cook sausage over medium high heat 6-8 minutes, stirring frequently until no longer pink. Drain well on paper towels and set aside. In same pan mix potatoes, onion, garlic, Italian seasoning, salt, pepper, pepper flakes, broth and water. Heat to boiling. Reduce heat to low; cook uncovered about 10 minutes stirring occasionally. Stir in baco, sausage, kale and beans. Cook 10 -15 minutes stirring occasionally until potatoes and kale are tender. Stir in half and half and cook just until heated.

Makes 10 (1 1/2 cup) servings @ 3 Points, 5 points plus

