



Two Potato, Kale and Sausage Soup *(inspired by Southern Living)*

1 tablespoon olive oil
4 slices bacon, diced
2 cups chopped onion (about 1 large)
3 cloves garlic, minced
1 pound sweet Italian sausage
Coarse ground black pepper
1/4 teaspoon red pepper flakes
1/2 cup dry white wine
4 cups chicken stock
1 yam or sweet potato, cubed
1 large russet potato, cubed
4 cups low sodium chicken stock
10 ounces washed and chopped kale
1/2 cup heavy cream
1 cup half and half
1/3 cup Wondra instant blending flour (optional)
Sea salt if necessary
Freshly grated Parmesan cheese and red pepper flakes as garnish

Heat olive oil over medium heat in a large Dutch oven. Add bacon and cook until fairly crisp. Add chopped onion and garlic and cook together, stirring often until onion is softened. Add sweet Italian sausage and cook, crumbling until sausage is no longer pink. Season with coarse ground black pepper. Add red chili flakes and wine. Cook until wine has almost completely reduced, stirring up any crisp bits (fond) from the bottom of the pot. Add chicken stock and bring to a boil. Add potatoes; reduce heat to a simmer and cook, covered for 15 minutes. Add kale, handfuls at a time stirring as you go until it is all in the pot. Mix flour together with heavy cream and half and half and add to soup. Increase heat to medium high and cook, stirring until soup is slightly thickened and kale is no longer crisp. Taste for seasoning and add salt as required. Serve garnished with parmesan cheese and red pepper flakes. Makes 6 servings.