

Bite Spoon

Hearty Sausage Breakfast Soup

20 min Prep time	**30 min** Cook time	**50 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb beef sausage, casing removed
- [ ] 2 medium Yukon Gold potatoes, diced
- [ ] 1 large onion, chopped
- [ ] 3 cloves garlic, minced
- [ ] 6 cups chicken broth
- [ ] 4 cups kale, stems removed and torn

Herbs and Seasonings

- [ ] 2 tsp fresh thyme leaves
- [ ] 1 tsp fresh rosemary, chopped
- [ ] 1 bay leaf
- [ ] Salt and black pepper to taste
- [ ] 1 tbsp olive oil
- [ ] Lemon wedges for serving

Instructions

1. Heat olive oil in a large pot over medium heat. Add the crumbled beef sausage and cook until browned, about 5-7 minutes. Use a slotted spoon to remove sausage, leaving the drippings in the pot.
2. Add the chopped onion to the same pot and cook until soft and translucent, about 5 minutes. Add the minced garlic and cook for another minute until fragrant.
3. Return the sausage to the pot along with the diced potatoes, thyme, rosemary, and bay leaf. Pour in the chicken broth and bring to a simmer.
4. Reduce heat to low, cover, and simmer for 20-25 minutes until potatoes are tender when pierced with a fork.
5. Stir in the torn kale leaves and cook for another 3-4 minutes until wilted. Remove the bay leaf and season with salt and pepper to taste.
6. Ladle into bowls and serve immediately with lemon wedges on the side for squeezing over the top. Perfect with crusty bread for dipping.

Nutrition per serving

320 kcal	18 g	22 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- The soup will thicken as it sits - add more broth when reheating if needed
- For extra richness, stir in a tablespoon of butter at the end
- This pairs beautifully with a simple side salad for a complete meal