

Chicken Sausage and Butternut Squash Soup



CHICKEN SAUSAGE AND BUTTERNUT SQUASH SOUP

ingredients

1 12-oz package chicken sausage, sliced into rounds
1 medium onion, chopped
5 cups low sodium chicken or vegetable broth
4 cups butternut squash, peeled and cubed
2 15-oz cans cannellini beans, drained
1 15-oz can diced tomatoes
3 cups kale, finely cut
1/2 teaspoon thyme
1/2 teaspoon oregano
1 teaspoon oil

directions

Heat oil on medium in a large heavy-bottomed pot.
Add sausage and cook until brown.
Add onions and spices and cook until the onion is translucent.
Add tomatoes and squash, and cook for 5-7 minutes, stirring occasionally.
Add beans and broth, and stir to combine.
Bring to a boil then reduce heat to medium-low.
Simmer until squash is tender, about 15 minutes.
Add kale and cook until wilted, about 3 minutes.
Serve hot on its own, or with a side salad or toast.

notes

Try using other types of beans or sausage to make this soup your own!

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SERVE PEOPLE. FEED COMPASSION.