



A TASTEFUL PLACE  
AT THE DALLAS ARBORETUM

## Tuscan Kale Soup

### Ingredients

- 10 cups water or chicken broth
- 3 garlic, minced
- 2 cups potatoes, diced
- 2 large shallots, minced
- 2 slices bacon, roughly chopped
- 2 Tbs butter
- 2 tsp dried oregano
- 2 tsp dried basil
- 1lb ground Italian sausage
- 1 bunch kale, cleaned and roughly chopped
- 1 cup carrots, diced
- ½ tsp red pepper flakes
- Salt and pepper to taste

### Directions

Sauté the bacon and Italian sausage over medium high heat, breaking up the Italian sausage as it heats through. Once the bacon and sausage is cooked, remove it with a slotted spoon and transfer it to a paper towel lined plate. Safely discard the fat remaining in the pot. Return the pot to the stove and place over medium low heat. Melt the butter in the pot. Stir in the garlic and minced shallots. Sauté until the shallots are tender. Stir in the dried basil, dried oregano, half teaspoon of pepper, and a teaspoon of salt.

Transfer the bacon and Italian sausage back to the pot. Stir in two cups of broth or water. Stir so you're picking up any brown bits attached at the bottom of the pot. Pour in the remaining water or broth. Add in the diced carrots, potatoes and kale. Bring soup to a simmer. Continue cooking for another ten minutes or until potatoes are tender. Remove from heat and sprinkle in the red pepper flakes. Add salt and pepper if needed.