

Blackbeard Soup

12 oz. Cremini Mushrooms, sliced	¼ teaspoon Black Pepper
1 Bunch of Kale, de-stemmed and roughly chopped	4 Cups Low Sodium Chicken Stock
3 Cloves Garlic, chopped	2 Tablespoons Extra Virgin Olive Oil
1 Cup Onion, Chopped	Water
2 Links Sweet Italian Chicken Sausage	1 Pinch Nutmeg
1 teaspoon Sea Salt	1 Pinch teaspoon Cayenne Pepper

In a large stock pot over medium-high heat, add about $\frac{3}{4}$ inches of water, 1 Tablespoon of olive oil, and the sausage links. Cook, turning the sausages every couple minutes, until the water has boiled out, and the casings start to brown, about 10 – 15 minutes. Cooking them in water ensures that the sausages get fully cooked, preventing burnt casings. Meanwhile, chop your veggies. When the sausages are nicely browned, remove them, and set aside to cool. Add the remaining olive oil to the same pot, reduce the heat to medium, and add the onions. Sauté for 5 minutes, and add the garlic and mushrooms. Continue sautéing the mixture for 10 minutes more, or until the onions and mushrooms are nicely browned. Meanwhile, thinly slice the cooled sausages. Season the mixture with half the salt and pepper, then add the chopped kale, folding until just wilted. Add the sliced sausage, chicken stock, and remaining spices, and bring to a boil. Serve with a fresh green salad and a hunk of crusty toasty bread.

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