

Chicken-Sausage & Kale Stew

Recipe type: Main Dish

Serves: 22

Prep time: minutes

Cooking time:

C means cup

T means tablespoon

t means teaspoon

oz means ounce

What You Need:

3 T extra-virgin olive oil
4 large onions, diced
16 cups kale, torn into bite-size pieces and rinsed
100 fl oz -ounce cans reduced-sodium chicken broth
16 plum tomatoes, chopped
8 cups diced cooked potatoes, (see Note), preferably red-skinned
4 teaspoon chopped fresh rosemary
2 teaspoon freshly ground pepper
40 oz package cooked chicken sausages, halved lengthwise and sliced
4 tablespoon cider vinegar



What To Do:

1. Heat oil in a Dutch oven over medium-high heat.
2. Add onion and kale. Cook and stir often until the onion softens, about 5 to 7 minutes.
3. Add broth, tomatoes, potatoes, rosemary, and pepper. Stir.
4. Cover and raise heat to high. Bring to a boil, stirring sometimes.
5. Turn heat down and cook while covered, until vegetables are soft, about 15 minutes.
6. Stir in sausage and vinegar. Cook for 2 more minutes, stirring often, until heated.
7. Serve hot and enjoy!

Nutrition Facts

22 servings per container
Serving size 1 Cup (340g)

Amount per serving
Calories **220**
% Daily Value*

Total Fat 8g 10%
Saturated Fat 2g 10%
Trans Fat 0g

Cholesterol 20mg 7%

Sodium 470mg 20%

Total Carbohydrate 24g 9%

Dietary Fiber 3g 11%

Total Sugars 4g

Includes 1g Added Sugars 2%

Protein 13g

Vitamin D 0mcg 0%

Calcium 70mg 6%

Iron 1mg 6%

Potassium 957mg 20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FK= 5.4