

Paleo Cabbage, Carrot, Kale and Sausage Soup



INGREDIENTS

- 2 teaspoons olive oil
- 3 sausages, remove casings (I used hot but you can use any kind you desire)
- 1 yellow onion, chopped
- 1 carrots, chopped
- 2 cloves garlic, minced
- 1 bag frozen chopped kale (or you can use fresh)
- 2 cups thinly sliced cabbage (small cabbage)
- 2 8 ounce cans fire roasted diced tomatoes
- 2 cups chicken broth
- 2 teaspoons dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon sea salt
- 1/2 freshly ground pepper

DIRECTIONS

1. Heat a Dutch oven or large soup pot over medium heat and add the oil. When the oil is hot, add the sausage and sauté until the sausage is golden brown on all sides breaking up into small pieces using a wooden spoon. Remove the sausage and wipe pan paper towel. Put sausage back in the pan.
2. Keeping the heat to a medium temperature and add the onion. Sauté until the onion is translucent about 4 minutes. Then add in carrots and garlic and stir using the wooden spoon. Let sauté for about 2 minutes.
3. Add in kale and cabbage and let sauté for about 5 minutes.
4. Add diced tomatoes, chicken broth, thyme, oregano, salt and pepper. Cover and let simmer for 20 minutes. Enjoy.

Recipe Source: <https://www.cindystable.com/recipes/item/paleo-kale-cabbage-and-sausage-soup>

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