

## Creamy Sausage Soup with Kale & Zucchini

Author: My own concoction



**2 tablespoons olive oil**  
**1 large onion, chopped**  
**2 small zucchini, chopped**  
**1 cup celery, chopped**  
**1 pound Italian sausage, chopped in small pieces**  
**4 cups water**  
**1 tablespoon chicken broth cubes, or granulated**  
**10 ounces kale, red or green, roughly chopped**  
**1 3/4 cups 2% low-fat milk**  
**2 5/8 ounces McCormick Sausage Flavor Country Gravy Mix**  
**2 tablespoons chopped parsley**

**Blog: Carolyn T's Blog:**  
**<http://tastingspoons.com>**

*Per Serving (excluding unknown items): 441 Calories; 32g Fat (66.4% calories from fat); 16g Protein; 20g Carbohydrate; 2g Dietary Fiber; 63mg Cholesterol; 1642mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Non-Fat Milk; 5 Fat.*  
Your Text Here

**Carolyn T's**  
**Main Cookbook**

**Servings: 6**

*Notes: You can easily substitute other vegetables - like leeks for the onions - other kinds of summer squash for the zucchini. If you use red kale, the red color will leak out into the soup mixture, so don't be alarmed if it's kind of pink in tint. Garnish with some grated cheese if you would like it.*

1. Heat olive oil in a large Dutch oven and gently saute the onion for about 5 minutes until it's limp. Add the zucchini and celery. Continue cooking for another 10 minutes.
2. Add the Italian sausage and allow to cook for about 5 minutes. Then add the water, chicken flavoring cubes or granules. Bring to a low simmer.
3. In a 2-cup measuring container mix the milk and the gravy mix, then pour it into the soup pot. Stir to combine then add the kale.
4. Cover and simmer over low heat for about 30 minutes. Serve with chopped parsley over the top.