

SLOW COOKER SAUSAGE & KALE SOUP

NUTRITION FACTS

Serving Size: 1 1/2 cups (recipe makes 8 servings)

Calories: 176 | Carbohydrates: 21g | Protein: 8g | Total Fat: 7g | Saturated Fat: 2g | Sodium: 476mg | Fiber: 2g

INGREDIENTS

- 12 oz Chicken sausage (cut into chunks)
- 1 Yellow onion (medium, diced)
- 2 Carrots (medium, diced)
- 2 stalks Celery (diced)
- 8 cups Kale leaves (chopped)
- 8 cups Water (or broth)
- 3/4 cup Brown rice (dry, uncooked)

DIRECTIONS

1. Add all ingredients to the slow cooker and cook on high for at least 4 hours, or on low for 8 to 12 hours.
2. Divide into bowls and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container up to 3 days, or freeze if longer.

No Brown Rice: Use quinoa instead.





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