

Dairy Free Creamy Sausage, Kale, and Potato Soup

I love a good creamy soup. To me the heartier texture feels so much more filling than a brothy soup especially during cooler weather. This soup might remind you of a certain Italian restaurant chain serving up unlimited bowls for lunch. Pair it up with a great Italian chopped salad but skip the breadsticks to avoid that post lunch slump. The soup also freezes beautifully so consider making a double batch, your future self will thank you!

Prep Time: 30 mins

Total Time: 50 mins

Makes: 7 (~2 cup) servings

Ingredients:

1 ½ cups raw cashews

¾ cup hot water

1 pound sweet or spicy Italian sausage, remove casing if in links*

1 medium onion, chopped

3 ribs celery, chopped

2-3 carrots, chopped

3 cloves garlic, grated or finely minced

2 teaspoon dried Italian herb seasoning

1 teaspoon sea salt

½ teaspoon freshly ground black pepper

6 cups chicken stock or bone broth

1 pound small red or yellow skin potatoes, diced

1 bunch kale, stems removed, leaves chopped

Directions

1. Place cashews in a heat safe bowl; cover with boiling water and allow to stand for 30 minutes.
2. Drain cashews, transfer to a blender with ¾ cup hot water. Blend until smooth and creamy.
3. Meanwhile, heat a 5-quart Dutch oven over medium-high heat. Add sausage, breaking into small pieces, cook until browned and no longer pink in the center.
4. Add onion, celery, carrots, garlic, Italian herbs, salt, and pepper. Cook 5-7 minutes or vegetables are softened and fragrant.
5. Add broth, scraping up any browned bits on the bottom of the pot. Stir in potatoes, bring to a boil and reduce to a simmer; cook for 12-14 minutes or until potatoes are tender.
6. Stir in kale; cook until wilted.
7. Add cashew cream; heat through. Adjust seasoning to taste.

*Tip instead of Italian sausage you can also use a pound of ground pork or turkey seasoned with 1 ½ teaspoons garlic powder, 1 teaspoon fennel seeds, 1 teaspoon dried oregano, ¼-1 teaspoon red pepper flakes (depending on how spicy you like it!), 1 teaspoon salt and ½ teaspoon ground black pepper. Heat 1 tablespoon of avocado oil in the pot before adding the meat mixture.