

Tortellini Soup with Italian Sausage and Kale

#cooking/recipe

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#cooking/dinner

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Ingredients

1 lb mild Italian sausage, ground
1 onion, minced
6 garlic cloves, minced
1 quart chicken stock
1 (14 oz can) crushed tomatoes
2 tbsp tomato paste
1 tsp salt
1 bunch kale, stems removed
1 (10 oz) bag tortellini, fresh (not dried)
1 cup heavy cream
Parmesan cheese (optional)
¼ tsp red pepper flakes (optional)

Process

Heat a large soup pot over medium-high heat.

Add the sausage, onions and garlic to the pot and sauté until the onions are soft and translucent, about 5 minutes. (Drain off any excessive fat.)

Add the chicken stock, crushed tomatoes and tomato paste. Whisk until tomato paste is fully incorporated.

Bring to a boil, season with salt then simmer for 15 minutes.

Add the kale, tortellini and heavy cream.

Simmer for 3-5 minutes until the kale is wilted and the pasta is tender.

Serve with parmesan cheese and red pepper flakes if desired.