



Christmas Soup



Gluten Free



Dairy Free

READY IN



360 min.

SERVINGS



8

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 quarts chicken broth
- ☐ 8 cloves garlic minced
- ☐ 6 ounces kale fresh
- ☐ 1 pound kielbasa sliced
- ☐ 1 pound bliss potatoes red cut into 1/2-inch cubes
- ☐ 1 pound kidney beans red
- ☐ 0.3 cup red wine vinegar

☐ 8 servings vegetable oil as needed

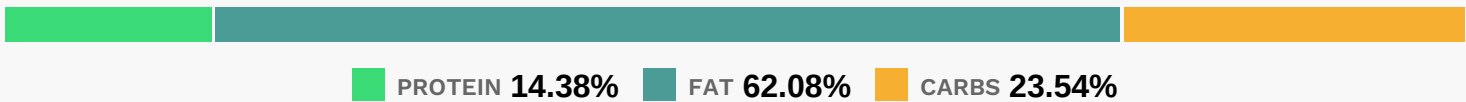
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the kielbasa into a 7-quart Dutch oven and set over medium-low heat. Cook until the kielbasa has browned well and rendered its fat, approximately 15 minutes. If you do not have at least 2 teaspoons of fat, add enough vegetable oil to make 2 teaspoons.
- ☐ Remove the kielbasa from the pan and set aside.
- ☐ Add the garlic and cook for 1 to 2 minutes, stirring constantly to prevent the garlic from burning.
- ☐ Add the beans and the chicken broth and cook, covered, for 45 minutes. After 45 minutes, add the potatoes, cover and cook for 15 minutes, stirring occasionally.
- ☐ Wash, rinse and trim the kale and tear into bite size pieces.
- ☐ Add the kale to the pot, cover and cook for an additional 10 minutes or just until it is tender, but not mushy.
- ☐ Add the red wine vinegar and black pepper and stir to combine. Evenly distribute the kielbasa between 8 soup bowls. Ladle the soup into bowls and serve.

Nutrition Facts



Properties

Glycemic Index:29.63, Glycemic Load:10.56, Inflammation Score:-9, Nutrition Score:22.632173745529%

Flavonoids

Isorhamnetin: 5.02mg, Isorhamnetin: 5.02mg, Isorhamnetin: 5.02mg, Isorhamnetin: 5.02mg Kaempferol: 10.47mg, Kaempferol: 10.47mg, Kaempferol: 10.47mg, Kaempferol: 10.47mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 9.12mg, Quercetin: 9.12mg, Quercetin: 9.12mg, Quercetin: 9.12mg

Nutrients (% of daily need)

Calories: 452.1kcal (22.61%), Fat: 31.45g (48.39%), Saturated Fat: 8.12g (50.75%), Carbohydrates: 26.83g (8.94%), Net Carbohydrates: 20.42g (7.43%), Sugar: 1.84g (2.05%), Cholesterol: 44.42mg (14.81%), Sodium: 1391.36mg (60.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.4g (32.79%), Vitamin K: 114.76µg (109.3%), Vitamin A: 2130.91IU (42.62%), Vitamin C: 33.25mg (40.3%), Manganese: 0.7mg (35.17%), Vitamin B1: 0.5mg (33.37%), Fiber: 6.41g (25.64%), Folate: 97.21µg (24.3%), Phosphorus: 216.48mg (21.65%), Potassium: 734.76mg (20.99%), Vitamin B2: 0.35mg (20.7%), Vitamin B6: 0.41mg (20.59%), Iron: 3.53mg (19.62%), Vitamin B3: 3.67mg (18.34%), Selenium: 12.46µg (17.79%), Copper: 0.31mg (15.38%), Zinc: 2.15mg (14.35%), Magnesium: 57.14mg (14.28%), Vitamin B12: 0.6µg (10.05%), Calcium: 99.38mg (9.94%), Vitamin E: 1.41mg (9.38%), Vitamin B5: 0.61mg (6.08%)