



Mixed-Greens and Sausage Soup with Cornmeal Dumplings

READY IN



120 min.

SERVINGS



6

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup flour
- ☐ 1 pound andouille sausage sliced into 1/4-inch-thick rounds
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1.5 tablespoons butter melted
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 4 large garlic clove pressed
- ☐ 0.5 cup spring onion chopped
- ☐ 0.1 teaspoon ground allspice

- ☐ 6 cups chicken broth
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1.5 cups onion chopped
- ☐ 1 teaspoon hot sauce hot
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 29 ounce tomatoes diced canned
- ☐ 4 turkish bay leaf
- ☐ 12 cups collard greens mixed thick packed
- ☐ 0.8 cup milk whole
- ☐ 0.8 cup cornmeal yellow

Equipment

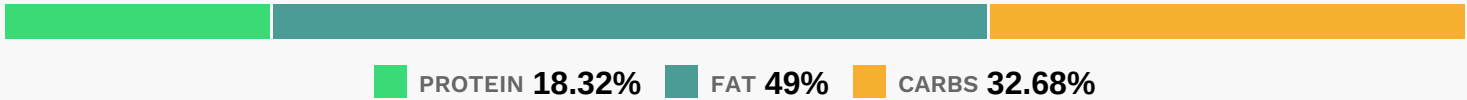
- ☐ bowl
- ☐ baking sheet
- ☐ ladle
- ☐ whisk
- ☐ pot
- ☐ plastic wrap

Directions

- ☐ Line rimmed baking sheet with plastic wrap.
- ☐ Whisk first 5 ingredients in medium bowl. Stir in milk and butter, then green onions.
- ☐ Let stand at least 1 hour and up to 2 hours. Using wet hands, shape mixture, 1 tablespoon at a time, into 18 dumplings, arranging on sheet. DO AHEAD: Can be made 1 day ahead. Cover; chill.
- ☐ Heat oil in large pot over medium heat.
- ☐ Add onion, garlic, bay leaves, and thyme. Sauté until onion is tender, about 5 minutes.
- ☐ Add sausage; sauté until fat renders, 3 to 4 minutes.

- ☐
- Add broth, tomatoes with juice, hot sauce, and allspice; bring to simmer, stirring occasionally.
DO AHEAD: Can be made 1 day ahead. Chill uncovered until cold, then cover and keep chilled.
Return to simmer before continuing.
- ☐
- Add greens to simmering soup. Cook greens uncovered 10 minutes, stirring occasionally. Drop in dumplings. Cover; reduce heat to low. Simmer until dumplings are tender and cooked through, 20 to 25 minutes. Season soup with salt and pepper. Ladle soup and dumplings into bowl.

Nutrition Facts



Properties

Glycemic Index:90.43, Glycemic Load:20.66, Inflammation Score:-10, Nutrition Score:35.08956477953%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 6.68mg, Kaempferol: 6.68mg, Kaempferol: 6.68mg, Kaempferol: 6.68mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 11.58mg, Quercetin: 11.58mg, Quercetin: 11.58mg, Quercetin: 11.58mg

Nutrients (% of daily need)

Calories: 579.08kcal (28.95%), Fat: 32.5g (50%), Saturated Fat: 10.43g (65.21%), Carbohydrates: 48.78g (16.26%), Net Carbohydrates: 41.11g (14.95%), Sugar: 10.46g (11.62%), Cholesterol: 76.2mg (25.4%), Sodium: 1250.51mg (54.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.35g (54.69%), Vitamin K: 339.31µg (323.15%), Vitamin A: 4086.79IU (81.74%), Vitamin C: 45.72mg (55.42%), Vitamin B3: 10.95mg (54.73%), Manganese: 0.94mg (47.22%), Folate: 153.75µg (38.44%), Phosphorus: 361.8mg (36.18%), Calcium: 351.03mg (35.1%), Selenium: 24.38µg (34.82%), Vitamin B1: 0.52mg (34.76%), Vitamin B6: 0.67mg (33.45%), Vitamin B2: 0.54mg (31.66%), Potassium: 1098.38mg (31.38%), Fiber: 7.67g (30.69%), Iron: 5.01mg (27.83%), Vitamin E: 4.15mg (27.65%), Zinc: 3.43mg (22.89%), Magnesium: 85.88mg (21.47%), Copper: 0.41mg (20.43%), Vitamin B12: 1.15µg (19.13%), Vitamin B5: 1.28mg (12.78%), Vitamin D: 1.39µg (9.29%)