



Roasted Vegetable and Kale Soup

 **Gluten Free**  **Dairy Free**

READY IN



95 min.

SERVINGS



6

CALORIES



659 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 0.5 small butternut squash peeled seeded cut lengthwise into 1/ wedges
- 15 ounce garbanzo beans rinsed drained canned
- 15 ounce kidney beans rinsed drained canned
- 3 carrots peeled quartered
- 6 cloves garlic unpeeled
- 6 servings salt and ground pepper black to taste
- 8 ounce sausage italian hot

- 16 ounce sausage sweet italian
- 4 cups kale leaves finely chopped
- 2 tablespoons olive oil divided
- 1 large onion cut into 8 wedges
- 3 sprigs thyme leaves
- 2 large tomatoes quartered
- 6.3 cups vegetable broth
- 1 yukon gold potatoes

Equipment

- frying pan
- paper towels
- oven
- pot
- blender
- wooden spoon
- spatula

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Brush a jelly roll pan with a thin coat of olive oil.
- Arrange carrots, tomatoes, onion, squash, potatoes, and garlic on the prepared pan.
- Drizzle remaining olive oil over the vegetables; season with salt and pepper. Turn the vegetables with a spoon to help coat evenly with the oil.
- Roast in preheated oven until browned and tender, turning occasionally, 20 to 30 minutes. Set vegetables aside.
- While the vegetables roast, place a large skillet over medium heat. Crumble sweet Italian sausage and hot Italian sausage into the skillet.
- Pour 1/4 cup vegetable broth over the sausage. Cook, breaking the sausage apart with a spoon as it cooks, until the sausage is cooked through and no longer pink, 7 to 9 minutes.

- Transfer sausage to a paper towel-lined plate to drain.
- Cut squash and carrots into 1/2-inch pieces; set aside.
- Peel garlic cloves; place in a blender with roasted tomatoes and onion and blend until smooth.
- Pour the mixture into a large pot.
- Pour 1/2 cup broth onto the jelly roll pan. Scrape any browned bits from the surface of the pan with a wooden spoon or spatula; pour broth and browned bits into the pot with the blended tomato mixture.
- Pour remaining vegetable broth into the pot.
- Add kale, thyme, and bay leaf to the mixture; bring to a boil. Reduce heat to medium-low and simmer until the kale is tender, about 30 minutes.
- Add sausage, carrots, potatoes, squash, garbanzo beans, and kidney beans to the soup; continue cooking until hot, about 10 minutes. Thin the soup with more vegetable broth as desired. Season with salt and black pepper. Discard thyme sprigs and bay leaf to serve.

Nutrition Facts

PROTEIN 15.71% **FAT 57.01%** **CARBS 27.28%**

Properties

Glycemic Index:87.99, Glycemic Load:13.78, Inflammation Score:-10, Nutrition Score:35.053913157919%

Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg Kaempferol: 7.08mg, Kaempferol: 7.08mg, Kaempferol: 7.08mg, Kaempferol: 7.08mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 8.9mg, Quercetin: 8.9mg, Quercetin: 8.9mg, Quercetin: 8.9mg

Nutrients (% of daily need)

Calories: 659.17kcal (32.96%), Fat: 42.38g (65.19%), Saturated Fat: 13.71g (85.69%), Carbohydrates: 45.63g (15.21%), Net Carbohydrates: 34.13g (12.41%), Sugar: 9.23g (10.26%), Cholesterol: 86.18mg (28.73%), Sodium: 2223.94mg (96.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.27g (52.55%), Vitamin A: 14201.74IU (284.03%), Vitamin K: 70.67µg (67.31%), Manganese: 1.33mg (66.58%), Vitamin B1: 0.9mg (60.22%), Vitamin C: 48.39mg (58.66%), Vitamin B6: 1.09mg (54.63%), Fiber: 11.49g (45.97%), Selenium: 31.43µg (44.9%), Phosphorus: 375.11mg (37.51%), Potassium: 1255.65mg (35.88%), Vitamin B3: 6.06mg (30.31%), Magnesium: 103.23mg (25.81%), Iron: 4.47mg (24.82%), Folate: 95.31µg (23.83%), Zinc: 3.45mg (23.02%), Copper: 0.46mg (22.94%), Vitamin B2: 0.36mg (21.21%), Vitamin B12: 1.03µg (17.2%), Calcium: 164.7mg (16.47%), Vitamin E: 2.22mg (14.79%), Vitamin B5:

1.42mg (14.18%)