

Erin's Kielbasa and Kale Soup



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As soon as the weather gets colder, it's soup season for me! I came up with this recipe after learning how to make a few basic soups and playing around with ingredients I had on hand. I was surprised at how delicious it turned out, and I have shared the recipe with family and friends who all say the same!"

**ERIN SANTHOUSE
HUMAN RESOURCES**

Erin's Kielbasa and Kale Soup

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PREP TIME

5 mins

COOK TIME

20 mins

SERVINGS

5

INGREDIENTS

- 13 oz kielbasa (smoked Polish sausage)
- ½ an onion, diced
- 1 carrot, diced
- 1 stalk of celery, diced
- 1 clove garlic, minced
- ½ cup of orzo pasta
- 1 tbsp lemon juice
- 2 cups kale
- ½ grated parmesan cheese
- 1 box of chicken stock (it has more flavor than broth!)
- Salt, black pepper, and red pepper flakes to taste
- OPTIONAL: Dried shiitake mushrooms

PROCEDURE

1. Chop kielbasa into half-moons and fry in a soup pot over medium heat until the fat renders and the pieces are brown and crispy on the outside. Scoop out the kielbasa pieces, leaving the liquid fat in the pot.
2. Saute chopped onions, carrot, and celery with a sprinkle of salt in the same pot for 3-4 minutes (you can add a splash of olive oil if you need to, but there should be enough rendered fat leftover to cook them in). Add garlic and a few shakes of red pepper, and cook for another minute or so, until the garlic is fragrant.
3. Pour the entire container of chicken stock into the pot. Cover and bring to a boil.
4. Once boiling, add the kielbasa back into the pot with a ½ cup of orzo and another sprinkle of salt (an optional addition here is a handful of dried shiitake mushrooms – they don't look appetizing, but they add an enormous amount of delicious umami flavor to the broth). Lower the heat, cover, and let simmer for 7-8 minutes or until the orzo is tender.
5. Add kale and simmer another 2-3 minutes, or until the kale is wilted. If you added shiitake mushrooms earlier, I usually scoop them out at this point. They don't add much in terms of texture, and the flavor is now instilled in your broth.
6. Add grated parmesan cheese and lemon juice. A final dash of salt and black pepper, and it's ready to serve! To store, separate the liquid and solid components in different containers, or the orzo will absorb all the broth.