

***Butternut Squash, Kale, and White Bean Lasagna Soup - Made with less than 10 ingredients - sure to be a dinner staple during the wintertime.***

## **Ingredients:**

- 1 container lasagna noodles (uncooked)
- 1 can 28oz crushed fire-roasted tomatoes
- 1 container (4 cups low-sodium chicken stock) or veggie stock
- 1 can white beans (rinsed and drained)
- 1 container (16oz) spicy sausage or vegan sausage/extra can of beans
- 2 cups fresh kale (destemmed)
- 1 white onion (diced)
- 4 cloves garlic (minced)
- 1 butternut squash (about 1 ½ cups) cubed
- Dash or 3 of red pepper flakes
- 1 tsp salt
- ½ tsp pepper

## **Directions:**

1. Heat about 1 tbsp olive oil in a dutch oven or heavy-bottomed stock pot over medium heat. Add the sausage and cook until brown (about 5-8 minutes). Place sausage on a paper towel covered plate to absorb excess grease.
2. While the pot has oil and grease from the sausage, add the butternut squash, and cook, turning occasionally, until just beginning to caramelize and soften (about 5 minutes). Add the onion and garlic to the pot, and cook until soft and translucent.
3. Add the sausage back to the pot and add tomatoes, chicken stock, seasonings, and lasagna noodles (may have to break noodles into thirds to fit into the pot. If you think you need more liquid, add about 1-2 cups of stock or water.
4. Cover, and bring the stock just to a boil, then turn the heat down to low-medium. Let simmer uncovered for about 15-20 minutes. Season with additional salt, pepper, and red pepper flakes to taste.
5. Add white beans and torn kale leaves, and continue to simmer until warmed through, about 5-7 minutes. Serve warm with crusty bread and enjoy! Great to garnish with fresh basil and additional red pepper flakes too. Makes about 4 servings.