

McDougal's Farm Garlicky Brat Kale Soup

2-3 tablespoon olive oil

4 brats, chopped or 1 pound of pork sausage

2-3 peeled and chopped potatoes

4 green onions, chopped (greens and all)

12 garlic scapes chopped small

1 pint of mushrooms sliced

2 cloves garlic, crushed

1/4 tsp. chili powder, or to taste

1/2 tsp. ground black pepper, or to taste

1/2 tsp. sea salt, or to taste

6 cups water

5-6 chicken bouillon cubes

4 cups chopped kale

1 (15 ounce) can cannellini beans, drained and rinsed

1/2 cup half and half (optional)

1/4 cup sour cream (optional)

1. Heat oil in a large stockpot over medium heat; cook chopped brats until brown, add sliced potatoes, chopped green onions, garlic scapes and sliced mushrooms. Let simmer 10 to 15 minutes or until potatoes soften. Add the crushed garlic, the chili powder, black pepper and salt .
2. Add water, bouillon cubes, kale and cannellini beans to the sausage-onion mixture; lower heat to medium low. Stir to dissolve bouillon cubes. Cover stockpot and simmer until kale is tender . You may add half and half and sour cream at this time (optional). Just heat through, do not boil. Serve with grated cheddar as a garnish