

Mediterranean Soup

This robust soup, a meal in itself, is a gift to American cuisine from the kitchens of Italy, Spain, and Portugal. The meatless sausages available many local grocery stores add a wonderfully rich flavor. Accompany the soup with fresh whole grain or sourdough bread and seasonal fruit to make a hearty meal.

- 1/2-1 bunch greens (such as Swiss chard or tender red Russian kale)**
- 2 meatless sausages (such as Tofurky Sweet Italian Sausage)**
- 1 onion, chopped**
- 1 cup carrots, chopped or shredded**
- 3 cloves garlic, crushed**
- 2 russet potatoes, peeled and chopped into 3/4" cubes**

- 8 cups vegetable stock or vegetable broth (from mock chicken/vegetable broth powder or bouillon cubes)**
- 1 bay leaf**
- 1 tsp. basil**
- 1/2 tsp. EACH marjoram and rosemary**
- 1 15-oz. can chopped tomatoes**
- 1.5 cups cooked great northern or other white beans (1 15-oz. can), drained and rinsed**

Salt and pepper to taste

Wash greens, remove central stems, and slice into 1/2" wide strips. Slice sausage into four pieces lengthwise, then cut "in place" into 1/4" rounds. In a skillet brown the pieces of "sausage" in a little olive oil. In a large soup pot braise onions, carrots, and garlic in a little water for 5 minutes. Add potatoes, broth, bay leaf, basil, marjoram, and rosemary. Simmer soup partially covered for 20 minutes.

Remove 2 cups of soup and puree in blender. Return pureed soup to pot. Stir in tomatoes, beans, and browned meatless sausage. Simmer for 15 minutes. Add the kale and cook until the greens are very tender. Remove bay leaf and season with salt and pepper to taste.

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