

# Roasted Vegetable and Kale Soup

Roasted vegetables, pureed and cooked with broth, kale, and a nice mix of Italian sausages make up this hearty soup. This soup brings out the rich flavors of kale and leaves out its typical bitterness. This soup is a winter staple in our family.

Recipe by [Lya Fleury](#) | Created on **Mar 10, 2022**

## Ingredients

- 2 tablespoons olive oil, divided
- 3 carrots, peeled and quartered lengthwise
- 2 large tomatoes, quartered
- 1 large onion, cut into 8 wedges
- ½ small butternut squash - peeled, seeded, and cut lengthwise into 1/2-inch thick wedges
- 1 Yukon Gold potatoes
- 6 cloves garlic, unpeeled
- salt and ground black pepper to taste
- 4 (4 ounce) links sweet Italian sausage, casings removed
- 2 (4 ounce) links hot Italian sausage, casings removed
- 6 ¼ cups vegetable broth, or more if needed
- 4 cups finely chopped kale leaves
- 3 sprigs thyme
- 1 bay leaf
- 1 (15 ounce) can garbanzo beans, rinsed and drained
- 1 (15 ounce) can kidney beans, rinsed and drained

## 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

Serving: **6 servings** | Calories: **563.9 kcal** | Carbohydrates: **56.2 g** | Protein: **26.3 g** | Saturated fat: **8.1 g** | Cholesterol: **49.7 mg** | Sodium: **1686.5 mg** | Fiber: **12.6 g** | Sugar: **9.8 g**

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