

# Kale Sausage Stew



## INGREDIENTS for 6 servings

- 2 Tablespoon Olive oil or Avocado oil
- 1 small Onion, diced
- 2 cups Butternut Squash, cubed
- 1 pound uncooked Portuguese or hot Italian sausage
- 2 cups hot Chicken Broth, divided
- 10 cups (7ounces) coarsely chopped kale leaves (Trimmed of thick stems)
- 2 Eggs, beaten
- 3 Tablespoons fresh Lemon juice

## DIRECTIONS

1. Cut squash into 3/4 inch cubes and dice the onion
2. Heat oil in large sauce pan.
3. Add onion and cubed squash to hot oil and cook over medium heat 5 minutes or until browned.
4. Break sausage into small bite-size pieces and add to pan.
5. Brown sausage on all sides about 5 minutes, stirring frequently.
6. Stir in kale and 1 1/4 cup broth.
7. Cover, reduce heat and simmer 20 minutes or until kale is tender.
8. In a medium bowl, whisk eggs and lemon juice. Whisking constantly, gradually add remaining 3/4 cup hot broth to egg mixture.
9. Pour egg mixture into kale and sausage mixture.
10. Simmer over low heat 1- 2 minutes or until egg mixture is slightly thickened. (Do not bring to a boil or eggs will scramble.)

390 calories

18 Net Carbs

3 g Fiber

21 g Protein