

# Slow Cooker Sausage & Kale Soup

8 ingredients · 4 hours · 8 servings



## Directions

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1. Add all ingredients to the slow cooker and cook on high for at least 4 hours, or on low for 8 to 12 hours.
2. Divide into bowls and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container up to 3 days, or freeze if longer.

### No Brown Rice

Use quinoa instead.

## Ingredients

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- 12 ozs** Pork Sausage (cut into chunks)
- 1** Yellow Onion (medium, diced)
- 2** Carrot (medium, diced)
- 2 stalks** Celery (diced)
- 8 cups** Kale Leaves (chopped)
- 8 cups** Water (or broth)
- 2 tsps** Sea Salt
- 3/4 cup** Brown Rice (dry, uncooked)