

Autumn Skillet Dinner

Ingredients:

1 pound sausage (breakfast, chorizo, Italian etc.)
1 pound potatoes, (peeled if desired), cut into ½-inch chunks
1 bunch kale, ¾ pound or so, thick stems removed, chopped



Cooking Instructions:

Cook sausage in a cast iron skillet or other deep, wide, heavy pan, breaking up the meat as it cooks. Remove cooked meat to a plate with a slotted spoon. Cook the potatoes in 3 tablespoons of the remaining sausage fat (add cooking oil if necessary) over medium-high heat for 5 minutes or so, stirring frequently to loosen potatoes that are sticking. Return meat to skillet along with 1 cup water and chopped kale. Cover and cook 10 minutes more, stirring occasionally.

Serves 4.

-- Sarah Fritschner, Kentucky Food Writer