

White Bean and Sausage Stew

Serves 4 - 5

Soup Ingredients

- 1 pound Italian sausage, casings removed (or sliced, cooked chicken sausage of your choice - but nothing with fruit or sugar)
- 2 cloves garlic, minced
- 1 medium brown onion, chopped
- 1 cup carrots, chopped
- 1 cup celery, chopped
- 1 teaspoon dried oregano or 1 tablespoon fresh oregano leaves, chopped
- 1/4 teaspoon dried thyme or 1 tablespoon fresh thyme leaves, chopped
- 1 bay leaf
- 1 pinch red pepper flakes
- 1 1/2 teaspoons Kosher salt
- 2 tablespoons tomato paste
- 1 (14.5-ounce) can crushed or petite diced tomatoes
- 2 cups dried white beans, rinsed well
- 5 cups water
- 2 cups chicken stock
- 2 cups fresh baby spinach, chopped kale, mustard greens or chopped chard
- 1/2 cup grated parmesan cheese
- handful of fresh Italian parsley, chopped fine
- A couple of tablespoons fresh lemon juice
- 2 tablespoons olive oil



Steps

1. ***I use an insta-pot but you can do this is in a large soup pot too.*** Begin browning the sausage in a large pot over medium-high heat, breaking up the the large pieces into bite size amounts. When sausage has browned add the onions and garlic using the liquid released in the onions to break up some of the brown bits from the bottom of the pan. Continue cooking and stirring until translucent. Add the carrots and celery and cook a few minutes more.
2. Season with black pepper, a couple pinches of crushed red pepper, thyme, oregano, bay leaf. Stir in tomato paste and add tomatoes and beans. Cover with water and bring mixture to a boil. Reduce heat to a simmer and continue cooking for about an hour or so until the beans are tender. Mash half of the bean/vegetable mixture with a potato masher to thicken the stew. Add the chicken stock and salt. Bring mixture up to a simmer. Taste for seasoning.
3. Just before serving, add chopped spinach leaves (if using kale oth other hearty greens, you need to cook them longer until tender) and lemon juice. Simmer for another 5 minutes. Taste the soup for seasonings. Remove the bay leaf. Ladle soup into servings bowls, drizzle with good quality olive oil. Add freshly grated Parmesan cheese. Serve hot!