

Kale, White Bean, and Sausage Soup

Serves 4

6-ounces smoked chicken sausage*, chopped
2 tablespoons olive oil, divided
1 small yellow onion, finely chopped
1 small carrot, peeled and finely chopped
1 celery stalk, ends trimmed and finely chopped
1 garlic clove, minced
4 cups homemade or less-sodium store-bought chicken broth
2 packed cups (about 6 ounces) thinly sliced (chiffonade) kale, stems removed
1 small piece (1-2 inches) parmesan rind
1 (15-1/2 ounce) can cannellini beans, rinsed and drained
Salt, to taste
Freshly ground black pepper, to taste
Parmesan rind

Heat one tablespoon of the olive oil in a medium saucepan over medium heat. Add the chopped sausage and cook, stirring often, until golden brown. Remove the sausage from the saucepan using a slotted spoon and set aside.

Add the remaining tablespoon of olive oil to the skillet. Stir in the onion, carrot, and celery. Cook over medium heat for 5 to 7 minutes, stirring frequently, until just beginning to soften. Stir in the garlic and cook until fragrant, about 30 seconds.

Add a little of the chicken broth to the saucepan and use a wooden spoon to scrape up any bits stuck to the bottom of the pan. Add the remaining chicken broth and bring to a simmer. Stir in the sliced kale and add the parmesan rind. Cover and simmer for 20 minutes. Stir in the cannellini beans and cooked sausage. Return to a simmer and season to taste with salt and pepper. Soup can be served immediately although it improves with flavor when made one day in advance. If made in advance, the soup may need to be thinned with a little water before serving.

* Any brand of chicken sausage may be used in this soup. My personal preference is Aidells Italian Style Smoked Chicken Sausage with Mozzarella cheese. You could also substitute the chicken sausage with pork, turkey or beef sausage if you were so inclined.

This recipe came from Minced at www.mincedblog.com.