

Sausage, Escarole, and Bean Soup

Serves 4

2 tablespoons olive oil
19 ounces hot Italian Sausage, sliced
1 large celery stalk, sliced
1 large carrot, sliced
1 yellow onion, sliced
2 garlic cloves, minced
1 large head escarole, washed, drained, and roughly chopped
1 (15-ounce) can fire roasted diced tomatoes with its juices
6 cups homemade or less sodium chicken broth
1 bay leaf
2 (15-ounce) cans cannellini beans, rinsed and drained
Salt, if needed
Freshly ground black pepper, to taste
Optional garnish: freshly grated parmesan cheese

Heat the olive oil in a large pot or Dutch oven over medium-high heat. Add the sliced Italian sausage and cook, stirring occasionally, until brown, about 7 minutes. Remove the browned sausage with a slotted spoon and set aside in a small bowl.

Reduce the heat to medium. Add the celery, carrot, and onion to the pot and cook, stirring often, until beginning to soften, about 4 minutes. Add the garlic and cook until fragrant, about 30 seconds.

Add the chopped escarole and cook for 1 minute, stirring often. Add the diced tomatoes and cook for 1 minute. Stir in the chicken broth and bay leaf and bring the soup to a boil.

Once boiling, reduce the heat to a simmer and add the beans and sausage. Simmer 45 minutes then season to taste with salt and pepper. Serve the soup as is or top with freshly grated parmesan cheese. Enjoy!