

White Bean and Kale Soup with Sausage

Source: Food52

Ingredients

- Olive Oil
- 2 shallots, chopped
- 2 minced garlic cloves
- ½ cup chopped carrots
- ½ cup chopped mushrooms
- ½ cup white wine
- 3 cups vegetable stock
- 1 15-oz can white beans, drained and rinsed
- 2 tbsps chopped rosemary
- 2-3 cups chopped kale
- 1 lb sausage, like Kielbasa or chorizo
- salt and pepper
- red pepper flakes, to sprinkle
- Parmesan cheese, to sprinkle

Method

1. Heat a few tablespoons olive oil in a pot over medium heat. Add shallots and a sprinkling of salt and pepper and cook down until almost transparent, about 5 minutes. Add garlic, carrots, mushrooms, and additional salt and pepper. Cook, stirring occasionally, until the mushrooms are wilted.
2. Pour wine into pot and use it to scrape up all the awesome brown bits from the bottom. Cook until the liquid is reduced slightly.
3. Add stock, beans, and rosemary. Bring to a boil, and then add kale. Reduce to a simmer and cook for 15 to 20 minutes.
4. While the soup is cooking, brown the sausage in a medium pan. Slice into ¼-inch rounds, then add to soup and stir.
5. Serve with a sprinkling of red pepper flakes and Parmesan cheese! Plus bread!!

Notes

I cut the sausage up before browning it. That way each piece can be browned on the edges and you don't have to handle hot sausage.

You can leave out the sausage or keep it in a separate bowl if you need a vegetarian soup. Others can add sausage from the bowl if they wish.

This is a yummy recipe destined to be one of our new house specialties!