

Kale, White Beans & Sausage Soup

Serves 2

Ingredients:

4 ounces white beans, dried
5 cups water
1 bay leaf
1 teaspoon salt
½ cup onion, chopped
1 cup leeks, cleaned and sliced into coins
2 cups kale leaves, washed and chopped
4 ounces smoked sausage, cut into small pieces
½ teaspoon black pepper
2 cloves garlic, peeled and minced
1 cup chicken stock
¼ ounce parmesan cheese, grated
¼ cup parsley, chopped

Instructions:

1. To prepare the soup, sort and wash the beans, and place in a large Dutch oven. Cover the beans with water to 2 inches above beans; cover and let stand 8 hours. Drain beans. Return beans to pan; cover with 5 cups water and bay leaves. Bring to a boil; cover, reduce heat, and simmer 1 hour and 15 minutes.
2. Add 1/2 teaspoon salt; simmer 15 minutes or until beans are tender. Set aside. Remove bay leaf.
3. Heat the olive oil in a stockpot over medium-low heat. Add onion and leeks and cook for 12 minutes, stirring occasionally.
4. Stir in remaining salt, kale, sausage, pepper, and minced garlic. Cover, reduce heat, and cook 30 minutes. Add bean mixture and stock; cook 30 minutes.
5. Serve topped with parmesan cheese and fresh parsley.

Notes: Can substitute 10 ounce canned, cooked white beans for the dried beans. Will need to reduce amount of water added to 2 to 3 cups (depending on taste) and eliminate step 1.

This recipe can be increased easily to feed a hungry crowd.