



Italian Sausage and Bean Soup

SIMPLE RECIPE



Ingredients

- 450 grams bulk Italian sausage
- 1 medium onion, finely chopped
- 3 garlic cloves, sliced
- 4 cans reduced-sodium chicken broth
- 2 cans pinto or cannellini beans, rinsed and drained
- 1 can diced tomatoes, undrained
- 1 cup medium pearl barley
- 1 large carrot, sliced
- 1 celery rib, sliced
- 1 teaspoon minced fresh sage
- 1/2 teaspoon minced fresh rosemary or 1/8 teaspoon dried rosemary, crushed
- 6 cups chopped fresh kale



Steps

1. In a Dutch oven, cook and stir sausage and onion over medium heat until meat is no longer pink, 6-7 minutes. Add garlic; cook 1 minute longer. Drain.
2. Stir in the broth, beans, tomatoes, barley, carrot, celery, sage and rosemary. Bring to a boil. Reduce heat; cover and simmer for 45 minutes.
3. Stir in kale; return to a boil. Reduce heat; cover and simmer for 25-30 minutes or until vegetables are tender.

Practice kitchen safety:
Avoid burns and fires while cooking hot food. Use oven mitts, handle pots carefully, and keep flammable objects away from the stove. Always supervise cooking, turn handles inward.

