

White Bean Kale Sausage Soup

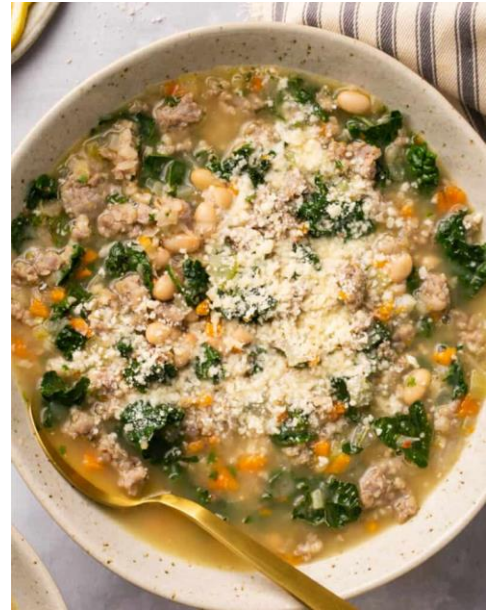
Adapted from Erin Antoniak from [Erin Lives Whole](#)

A hearty stew for the cold months packed with protein and veggies. We love this soup with Lacinato kale, but you can use any kind. Serve with a toasted baguette and a glass of chardonnay!

Yield: 8 Servings

Ingredients:

- 2 tbsp olive oil
- 1 lb mild Italian sausage
- 1 yellow onion, diced
- 2 stalk celery, diced
- 2 carrots, diced
- 3 cloves garlic, minced
- 3 cups white beans, rinsed and drained
- 1 tsp salt
- 1/2 tsp pepper
- 6 cups chicken broth
- 2 tbsp fresh chopped rosemary
- 1/4 cup fresh chopped parsley
- 3 cups kale, de-stemmed & cut into thin ribbons
- Juice of one lemon
- Grated parmesan for topping



Directions:

1. In a medium pot, heat oil over medium-high heat. Add sausage and cook throughout, breaking down into small pieces. Remove from the stove with a slotted spoon and set aside.
2. Cook onions, celery, and carrots in the leftover sausage oil for about 4-5 minutes or until veggies have begun to soften. Then add garlic and cook for another minute.
3. Add white beans to the pot, along with salt and pepper. Stir and then add chicken broth and lemon juice.
4. Let simmer for 10 minutes over medium heat.
5. Add the sausage back in, rosemary, parsley, kale and lemon juice. Stir and let cook for 10 more minutes.
6. Top with parmesan and serve!

