

A Sutherland Belle

Skillet Aidells Chicken Sausage with Kale, White Beans & Sun-Dried Tomatoes

INGREDIENTS

- 2 Tablespoons olive oil (I used the oil from the jar of sun-dried tomatoes)
- 12-16 oz Italian chicken sausage (I used [Aidells](#)), cut into 1-inch slices
- 1 large shallot, finely diced
- 4 garlic cloves, minced
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon dried mustard
- 1/2 tsp kosher salt
- 1/2 tsp freshly cracked black pepper
- 3 (15-ounce) cans cannellini or great northern beans, rinsed and drained
- 2 cups chicken stock
- 1/3 cup sun-dried tomatoes, chopped
- 4 cups curly kale, stems removed and cut into bite-size pieces
- 1/2 cup parmesan, plus extra for serving
- red pepper flakes, optional

INSTRUCTIONS

1. In a large skillet, heat olive oil over medium-high heat. Add the sausage and cook on both sides until browned, about 6-7 minutes. Remove sausage and transfer to a plate. Lower the heat to medium.
2. Add the shallots and sauté until very soft and translucent, Add more oil if needed. To the skillet add garlic, oregano, thyme, mustard, salt, and pepper and cook for 1 minute or until well-blended. Add two cans of beans and all the chicken stock to the skillet. Stir to combine and bring to a simmer over medium heat.
3. In a medium bowl, smash the remaining can of beans with a spoon until it forms a paste. Add the smashed beans and sun-dried tomatoes the skillet and stir to combine. Bring this to a boil and simmer until slightly reduced about 5 minutes.
4. Add the kale, reduce the heat to medium-low and cook, stirring until kale has slightly wilted. Adjust seasoning if needed.
5. Add the sausage back to the pan and sprinkle with parmesan cheese and red pepper flakes if using. Serve immediately with your favorite crusty bread.