

White Bean, Sausage & Kale Soup

Serves 6

Ingredients

1 tablespoon extra-virgin olive oil
1 pound hot Italian sausage or mild Italian sausage, casings removed
1 large yellow onion, chopped (about 2 cups)
2 medium carrots, diced (about 2 cups)
5 garlic cloves, minced
2 to 2½ tablespoons tomato paste
2 tablespoons finely chopped fresh rosemary, plus more for serving
¾ cup dry white wine
2 (15-ounce) cans cannellini beans, rinsed and drained
4 cups chicken or vegetable stock, preferably homemade
2 teaspoons Better Than Bouillon Roasted Chicken Base or Vegetable Base, encouraged if not using homemade stock
2 bay leaves
½ teaspoon kosher salt, plus more to taste
½ teaspoon freshly ground black pepper, plus more for serving
1 bunch lacinato kale (about 4 cups), chopped into bite-size pieces
½ cup freshly grated Parmesan, plus more for serving
Zest and juice of ½ lemon, plus more lemon juice if needed

Instructions

1. Heat olive oil in a large Dutch oven over medium-high heat. Add sausage and cook, breaking it into bite-size pieces, until browned and cooked through, 6 to 8 minutes. Transfer sausage to a plate with a slotted spoon, leaving rendered fat in pot.
 2. Reduce heat to medium. Add onion and carrots and cook, stirring occasionally, until softened and onion begins to turn golden, 8 to 10 minutes. Add garlic and rosemary and cook until fragrant, about 1 minute.
 3. Stir in tomato paste and cook for 2 to 3 minutes, stirring frequently, until paste darkens to a deep brick red and begins to caramelize on bottom of pot.
 4. Pour in wine, scraping up browned bits from bottom of pot. Simmer until wine reduces by about half, 3 to 4 minutes.
 5. Return sausage to pot. Add cannellini beans, stock, Better Than Bouillon if using, bay leaves, salt and black pepper. Bring to a boil, then reduce heat and simmer uncovered for 20 to 25 minutes, allowing broth to reduce and concentrate slightly.
 6. Add kale and simmer until tender, about 5 minutes. Remove bay leaves.
 7. Stir in Parmesan, lemon zest and juice of ½ lemon. Taste before adding additional lemon juice, salt or pepper. Lemon should brighten broth and cut richness of sausage without making soup taste overtly lemony.
 8. Ladle into bowls and finish with additional Parmesan, cracked black pepper and fresh rosemary.
-

Sausage Note

Hot Italian sausage is my preference because its spice and fennel give soup more depth, but mild Italian sausage works beautifully. If using mild sausage without much fennel flavor, add ½ teaspoon lightly crushed fennel seeds with rosemary.

Storage

Refrigerate: Cool completely, then store in an airtight container for up to 4 days.

Freeze: Freeze in airtight containers for up to 3 months. Thaw overnight in refrigerator before reheating.

Reheat: Warm gently on stovetop over medium-low heat, adding a splash of stock if needed.