Tuscan White Bean Soup

Ingredients

- 6 links Italian Turkey Sausage
- 3 cups Cannellini beans *see notes for dried*
- 1 cup Carrots
- 2 Roma Tomatoes
- 1 cup Celery
- 1 cup Onion
- 2 cups Kale
- 1 ½ cup Gold Lentils
- 4 cups Vegetable Stock
- 1 teaspoon Cumin
- 1 tablespoon Rosemary

Preparation

1. Thoroughly rinse all the vegetables. Soak and drain the lentils and beans.
2. Cut the top off of the onion, and cut in half. Remove the outer layer. Cut into thin slices. Then chop into small pieces. Add to the large bowl.
3. Cut away the stems of the kale. Then chop the kale leaves and set aside.
4. Separate the celery from the head. Cut off both ends and discard. Then slice the stalks into ¼ inch slices. Set aside.
5. Peel the carrots and remove the ends. Slice into ¼ inch slices. Set aside.
6. Remove the top of the tomato. Cut into quarters lengthwise, then into lengthwise sticks and then chop into small square pieces. Set aside.
7. Heat a large pot to medium high heat. Add the turkey sausage, and brown all sides using a pair of tongs. Then remove from the pot and into a bowl.
8. Add the celery, carrots and onion to the already hot pot. Reduce heat to a medium-low to low. Allow them to “Sweat” (opposite of saute: little movement, low heat, more fat).
9. Using the tongs, Slice the sausage links into ½ inch pieces. Set aside.
10. Add the Lentils, Cumin and Rosemary to the pot. Allow lentils to toast slightly.
11. Add the tomatoes, turkey sausage, cannellini beans and vegetable stock to the pot.
12. Bring the pot to a boil and then reduce heat to a simmer for 15 minutes. *see notes on back for dried cannellini beans.*
13. Add the fresh kale leaves to the pot and simmer for an additional 5 minutes.
14. Serve hot and ENJOY!!
Notes
Soak the dried Cannellini beans in water for at least one hour. Drain. Then add the beans and water to a pot. Bring to a boil. Reduce heat and allow to simmer for one hour or until beans are soft enough to squish with a fork.

Send us a Picture!
Follow #thenutritionclub_of_chp

Please Remember to Wash and Return Your Food Bags