



SAUSAGE AND PINTO BEAN SOUP

Makes 6 Servings

INGREDIENTS

- 1 lb ground Italian sausage
- 2 Tbsp butter
- 1 medium yellow onion, chopped
- 4 garlic cloves, minced
- 3 carrots, chopped
- 3 ribs celery, chopped
- 2 Tbsp tomato paste
- 2 tsp Italian seasoning
- 1 tsp smoked paprika
- ½ tsp red chili flakes (optional)
- 4 cups pinto beans, cooked and drained
- 4 cups chicken broth
- 2 Tbsp Worcestershire sauce
- 1 bunch kale, stemmed and chopped
- Salt and pepper, to taste

DIRECTIONS

1. Sauté sausage until browned over medium heat in a 6 quart Dutch oven. Remove from the pan, set aside.
2. Melt butter over medium heat. Sauté onion until just translucent. Add garlic, cook until just fragrant. Stir in carrots, celery, tomato paste, Italian seasoning, paprika, and chili flakes. Sauté until vegetables are just tender, about 5 minutes.
3. Add beans and broth. Bring to a boil, reduce heat to low and simmer for about 20 minutes, to let all the flavors get to know each other. Add cooked sausage and kale, simmer for an additional 3-5 minutes or until kale is tender. Taste and add salt and pepper or adjust other seasonings if desired. Serve hot with cornbread.