



White Bean & Sausage Soup

directions

1. In a large stock pot brown sausage links until dark golden color over medium heat. Remove from pot and drain. Cut links into 1 inch pieces. Set aside.
2. Add olive oil to stock pot and turn heat to med high. Stir in chopped onions and cook for 5 minutes. Add garlic cooking for another minute. Return cut-up sausage pieces to stock pot.
3. Stir in chicken stock, drained beans, tomatoes, thyme, spinach, and basil. Season with 1/2 tsp each salt and pepper. Bring to a boil, turn down to simmer, and cook for about 20 minutes. This is a soup best not overcooked. Everything stays fresher and healthier with a nice color.

notes

This is a healthy, hearty soup that is great for Sunday lunches watching your favorite game on television served with hot cornbread muffins or a crusty French bread.

Also a great make-ahead soup for tailgating parties.

Freeze any leftovers for another meal.

to serve

Serve bowls of hot soup topped with shredded Parmesan cheese.



4

servings

20 min

prep time

30 - 45 min

cook time

ingredients

10 to 12 links of Swaggerty's Farm All Natural sausage links

2 tbsp olive oil

1 can of white beans (Great Northern or Cannellini) drained

1/2 cup chopped red onion

1 to 2 cloves minced garlic (or 1 tsp garlic powder)

2 cups chicken broth

1 can diced tomatoes with juice

1 tsp dried thyme

2 large handfuls of baby spinach (one 5 oz box or one small bag)

1/4 cup chopped fresh basil leaves (or 1 tsp dried)

Shredded Parmesan cheese for topping

Pairs well with: Hot cornbread muffins, french bread

Special Kitchen Tools: N/A