

KALE, SAUSAGE, AND WHITE BEANS SOUP

A recipe by **FoodNouveau**

INGREDIENTS

Serves 6 to 8

2 lbs [907 g] veal or Italian sausage
2 tbsp [30 ml] extra-virgin olive oil
3 cloves garlic, finely chopped
1 tsp [5 ml] chili pepper flakes
1 bunch kale, trimmed, chopped in small pieces
6 cups chicken stock
1 13.5 oz [398 ml] can cannellini beans, drained and rinsed
1 cup [250 ml] cooked barley (or rice, or orzo)
sea salt and freshly ground black pepper

To serve

shaved parmigiano-reggiano cheese



METHOD

Take the sausage meat out of the casings. Pinch off little sections of meat and roll them into mini-meatballs. That'll make lots of meatballs, but that's exactly what you want!

Heat a large skillet over medium-high heat. Sauté the sausage meatballs until they are brown all over, about 7 minutes (work in batches, if necessary). Use a slotted spoon to take the meatballs out of the skillet and into a plate. Reserve.

Heat the olive oil in a large pot over medium heat. Add the garlic and chili pepper flakes to the pot and sauté for a minute. Add the chopped kale and sauté until the kale is slightly wilted, about 5 minutes. Add the stock and cannellini beans, bring to a boil, reduce heat and simmer for 10 minutes. Add the cooked barley, mix well and season with salt and pepper, to taste.

Ladle into bowls and serve sprinkled with shaved parmigiano-reggiano cheese.