



Italian White Bean and Sausage Stew

Savannah · 28/09/2024



Prep Time

8 hrs

Difficult

Medium

Servings

9 hrs 45 mins

Description

This comforting and substantial white bean and sausage stew is a soup that eats like a meal Browning the sausage in a dry pan creates a beautiful fond that adds rich flavor With beans greens and sausage this stew is incredibly nutritious and warms you from the inside out Serve with a hunk of crusty Italian bread

Ingredients

- - 1 ½ cups dry cannellini beans - 4 (6 ounce) Italian sausage links with garlic and fennel - 1 cup chopped yellow onion - ½ cup dry white wine - 1 teaspoon freshly ground black pepper - ¼ teaspoon red pepper flakes - 1 bay leaf - 6 cups water
- or to taste - 1 teaspoon salt
- plus more to taste - 4 cups chopped kale - 1 tablespoon extra-virgin olive oil
- or to taste - 6 tablespoons grated Parmigiano-Reggiano cheese
- or to taste - 6 pinches red pepper flakes

Instructions

1. Soak beans in cold water
2. 8 hours to overnight. Drain beans and set aside. Make a cut down the center of each sausage and peel off the casing. Transfer sausage into a dry soup pot over medium-high heat. Brown sausage
3. while breaking it up into small pieces with a wooden spoon
4. 5 to 7 minutes. Cook and stir until juices start to caramelize and stick to the bottom of the pan
5. creating a fond
6. 3 to 5 minutes. Add onion and stir to coat in the rendered sausage fat. Cook until onion starts to turn translucent
7. about 5 minutes. Add white wine to deglaze the pot. Add black pepper
8. red pepper flakes
9. bay leaf
10. and water. Add drained beans
11. increase heat to high
12. and bring to a boil. Once boiling
13. reduce heat to medium-low and simmer for 30 minutes. Add salt and continue to simmer until beans are tender
14. about 30 more minutes. Taste beans to be certain they are perfectly cooked. Smash about 1/4 of the beans with a potato masher to give the stew a creamy texture if desired. Stir in chopped kale
15. increase heat to medium
16. and cook until tender
17. 10 to 15 minutes. Taste and adjust salt. Ladle hot soup into bowls
18. drizzle with olive oil
19. and sprinkle with Parmigiano-Reggiano cheese and a pinch of red pepper flakes. Chef's Notes Instead of soaking dried beans overnight
20. you can use canned beans. Dried beans come out better though and are less expensive. Use any sausage you want. If your sausage doesn't have garlic in it
21. add 2 cloves minced garlic 5 minutes after you add onion. Pecorino can be used instead of Parmigiano-Reggiano. If you don't have wine
22. you can use 2 tablespoons wine vinegar and 1/4 cup water
23. or just use water. The amount of water you add will depend on how thick you want the stew. I use about 7 1/2 cups. You can use any greens for the kale
24. like spinach
25. Swiss chard
26. mustard greens
27. or stinging nettles. Cooking time will vary based on what you use.