



Sausage Kale and White Bean Soup

Jacob · 28/09/2024



Prep Time

8 hrs

Difficult

Medium

Servings

9 hrs 15 mins

Description

A comforting white bean soup with spicy sausage and leafy kale Easy to put together and delicious on a cold winters day You can substitute another sausage onion instead of shallots and other greens for the kale and it will still be tasty

Ingredients

- - 1 cup dry navy beans - 4 cups water - 1 large bunch kale
- rinsed
- stemmed and chopped - 1 tablespoon olive oil - 1 pound spicy linguica sausage
- sliced - 1 cup chopped shallots - 4 cups chicken broth
- divided - salt and pepper to taste - ½ teaspoon hot sauce
- or to taste

Instructions

1. Place beans into a large container and cover with several inches of cool water; let stand at room temperature for 8 hours to overnight. Drain and rinse before using. Pour 4 cups water into a pressure cooker and add beans. Close the lid and cook until beans are soft
2. about 25 minutes. Use the natural release method to release pressure. Do not drain. Bring a separate pot of salted water to a boil. Cook kale in boiling water until bright green and tender
3. about 2 minutes. Drain in a strainer and cool under cold running water. Set aside. Heat olive oil over medium heat in a large soup pot. Cook linguica sausage in hot oil
4. stirring occasionally
5. until browned
6. about 5 minutes. Remove from the pot with a slotted spoon and set aside. Add shallots to the same pot; cook and stir until soft
7. about 3 minutes. Pour in a splash of chicken broth and scrape up any browned bits of sausage. Return sausage to the pot. Add beans and their cooking liquid. Stir in remaining chicken broth. Bring soup to a boil
8. reduce heat to low
9. and simmer uncovered for 15 minutes. Add kale and cook for about 4 minutes more. Season with hot sauce
10. salt
11. and pepper.