



Cannellini Stew

Use whatever sausage is easiest in this quick stew. No need to fuss. And if you'd like to make this recipe vegan, just use vegetable broth and a sausage alternative (Beyond brats work great). If you are making it vegan and working with Beyond brats, you will want to cook them separately and add them prior to serving.

Ingredients:

Tbsp olive oil
1 Tbsp minced garlic (or to taste)
14 ounces of sliced kielbasa or other type of similar sausage
4 cups of water
4 cups of chicken or veggie broth
3 cans of cannellini beans
4 cups chopped kale
1/2 tsp black pepper (or to taste)
1/4 tsp crushed red papper (or to taste)
1 tsp salt (or to taste)
2 Tbsp lemon juice

Directions:

Heat the oil in a large saucepan over medium-high heat. Add garlic and sausage and saute 1-3 minutes until both are a bit browned. Add water, broth, and beans then bring to a boil. Stir in the kale, black pepper, red pepper, and salt and bring to a boil again. Cover, reduce heat, and simmer 5 minutes or until kale is tender. Remove from heat, stir in lemon juice and serve!