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Prep Time: 15 minutes **Cook Time:** 6-8 hours LOW or 3-4 hours HIGH **Total Time:** 6 hrs 30 min. **Serves:** 6

Ingredients for Sausage Bean Tuscan Soup

1 pound ground Italian sausage

1 medium onion, peeled and diced

3 cloves garlic, peeled and minced

3 cans (15 ounces each) cannellini beans, drained and rinsed

1 can diced tomatoes (14.5 ounces), undrained

½ teaspoon dried rosemary

½ teaspoon crushed red pepper flakes, optional

½ teaspoon black pepper

6 cups chicken broth

3 cups chopped kale, rinsed

Parmesan cheese

Directions for Sausage Bean Tuscan Soup

1. **Cook:** In a skillet over medium heat, cook the sausage, onions, and garlic until the meat is brown and the onions are soft and translucent. Drain off the grease.
2. Add the browned meat mixture to a 6-quart slow cooker.
3. **Add beans:** Pour the beans into a colander to drain off the packing liquid, then rinse with running water. This added step helps ensure you're only adding the good flavor of the beans to your soup.
4. **Add tomatoes:** Add the undrained can of tomatoes.
5. **Add the seasonings** - Add the rosemary, crushed red pepper flakes, and black pepper.
6. **Add:** Add the chicken broth. Stir to combine.
7. **Cook:** With lid on, cook for 6-8 hours LOW or 3-4 hours on HIGH.
8. **Add and cook:** Stir in the chopped kale. Cook on HIGH for an additional 15 minutes or until the kale is tender.
9. Season to taste with salt and pepper.

Ladle soup into bowls and top with grated or shaved Parmesan cheese. Enjoy!

