



YUMMY KALE WHITE BEAN STEW

1 bunch of kale (6-8 leaves), stems removed and chopped

1 medium onion, (anyone but red) chopped

2-3 medium carrots, peeled and chopped

1 15 oz. can white beans, rinsed in colander and drained

1 15 oz can organic fire roasted chopped tomatoes

1 container organic chicken broth

3 tbs. olive oil

smoked paprika

sea salt

+ very good but not essential: 2 -3 andouille and/or Italian sausage

In a 6 quart pan, sauté the onions in 3 tbs of olive oil until they start to brown and soften. Add the chopped carrot, turn heat down and place lid on pan. When carrots are just soft, crumble sausage into carrot/ onion and cook til there is no visible pink in sausage.

Add all of the kale on top, stir slightly, place lid on pan for 2 minutes or until kale is wilted. Add white beans and tomatoes. Stir. Pour in chicken broth, smoked paprika and salt to taste.

Cover and let simmer for 1/2 hour.

OPTIONAL

Serve with shaved Parmesan cheese on top.