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# KALE WHITE BEAN STEW

## INGREDIENTS

- 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 tomatoes, chopped
- 1 container Organic chicken broth
- 3 Tbsps Olive oil
- Smoked paprika
- Sea salt
- Optional: 2 -3 Andouille and/or Italian sausage—Very good but not essential

## PREPARATION

- In a 6 quart pan, sauté the onions in 3 Tbsp 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 until there is no visible pink in sausage.
- Add all of the kale on top and stir slightly.
- Place lid on pan for 2 minutes or until kale is wilted.
- Add white beans and tomatoes and stir.
- Pour mixture in chicken broth.
- Add smoked paprika and salt to taste.
- Cover and let simmer for 1/2 hour.
- Optional:** Serve with shaved parmesan cheese on top.