

# *Idiot's Kitchen Recipe – Sweet Potato, Sausage & Bean Soup*

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com) – Adapted from Everyday Food



## Ingredients:

- 2 Tablespoons Olive Oil
- 1 large onion, chopped
- 1 pound Italian Sausage (about 3 links), removed from casings
- 3 cloves garlic, finely chopped
- 2 sweet potatoes, peeled and cubed
- 4 cups chicken broth, low sodium preferred
- 2 cups water (you might need up to 1 cup more for good soupyness)
- 2 (15 oz) cans cannellini beans, drained & rinsed
- ¾ cup small pasta shells
- 6-8 cups kale, stems removed and roughly chopped
- Pecorino Romano cheese, grated or shaved with a vegetable peeler
- Salt & Pepper

Heat 2 Tablespoons of olive oil over medium high heat in a large soup pot. Add one large chopped onion and sauté for 5 minutes until tender but not browned. Add 3 cloves of minced garlic to the pot. Remove the sausage from the casings and break it up as you add it to the pot. Cook the sausage until browned and no longer bright pink, about 5 minutes. The sausage becomes easier to break up with a wooden spatula or spoon as it cooks.

Add 4 cups of chicken broth and 2 cups of water to the pot. Peel and cube 2 sweet potatoes so that they are bite sized but not so small that they fall apart while cooking. Add the sweet potatoes to the pot. Bring it to a boil, reduce the heat to low, cover, and simmer for 15 minutes.

When the sweet potatoes are almost fork tender, add 2 (15 oz) cans of drained and rinsed cannellini beans and ¾ cup of small pasta shells to the pot. Bring the pot back up to a boil if it has stopped and cook for 10 minutes.

Meanwhile, rinse a medium bunch of kale under cool water. Use a small sharp knife to remove the hard stem from each leaf of kale. Roughly chop the kale leaves so you have between 6 and 8 cups total. Add the kale to the pot and use a spoon to help submerge the leaves so that they will wilt. Cook the kale until tender, about 5 more minutes.

Season the soup to taste with salt & pepper. Serve with shaved romano or parmesan cheese and crusty Italian bread for dunking.

Serves 6-8 people and is fantastic leftover.