

From Mimi's Kitchen

It's Cold Outside Smoked Sausage and Vegetable Soup

There is nothing like warm soup on a cold winter January day. When it's cold outside, it's great to be warm inside. This winter soup was created with a warming happiness in mind – you'll soon see. Packed with healthy vegetables and beans simmered in a comforting, well-seasoned broth. Select your favorite smoked sausage (Beef, Turkey, Pork, Chicken) the choice is yours, to add a touch of savory decadence.

Ingredients

Drizzle 2 tablespoons of extra virgin olive oil in pot
12 oz. of smoked sausage, quartered then chopped
2 stalks celery, chopped small
2 medium-sized carrots, chopped small
1 shallot or small onion, chopped (I like to use both)
3 cloves garlic, minced
1 teaspoon of salt
1/2 teaspoon of fresh black pepper
2 teaspoons Italian seasoning
15 oz. can petite, diced tomatoes, undrained
15 oz. can great northern beans or your favorite white beans, drained and rinsed
4 cups chicken broth or stock
2 cups diced peeled of Yukon gold potatoes
2 packed cups baby spinach and/or baby kale, roughly chopped
Add freshly grated Parmesan cheese, for topping

Directions

1. Heat oil in a large soup pot or Dutch oven over heat that's just a touch above medium. Add your favorite smoked sausage, celery, carrots, shallot, and garlic then season with seasoned salt and pepper and stir to coat. Place a lid on top then cook for 7 minutes, stirring a couple times. Remove lid then continue to sauté until vegetables have softened, 5-6 more minutes.

2. Add Italian seasoning, undrained tomatoes, beans, and chicken broth, then turn heat up to high to bring soup to a boil. Turn heat back down to medium then add potatoes, partially cover with the lid, and simmer until potatoes are tender, 20-25 minutes, stirring occasionally. Add baby spinach then cook until wilted, 1 minute. Ladle soup into bowls then top with Parmesan cheese and serve.

Serves 4 - 6