

Salt and Serenity

Sausage White Bean and Kale Soup

Adapted from J. Kenji Lopez-Alt's **Easy Sausage, Kale, and Black Eyed Pea Soup With Lemon and Rosemary**. (www.seriousseats.com)

2 teaspoons extra-virgin olive oil
12 ounces spicy chicken or turkey sausage, removed from casing
1 medium onion, finely diced (about 1 cup)
2 large stalks celery, finely diced (about 1 cup)
2 cloves garlic, minced
2 tablespoons minced fresh rosemary leaves, divided
2 tablespoons grated lemon zest from 2 lemons, divided
6 cups homemade or store-bought low sodium chicken stock
2 bay leaves
1 -15 oz. can white beans, rinsed and drained
1 bunch kale, trimmed, washed, and roughly chopped
Freshly ground black pepper
Kosher salt
Extra Virgin Olive oil, for drizzling
Freshly grated Parmesan (optional for garnish)

1. Heat 2 teaspoons oil in a large Dutch oven over medium-high heat until shimmering. Add sausage and cook, breaking it up with a wooden spoon or potato masher until starting to brown, about 8 minutes total.
2. Add onion and celery and cook, stirring, until softened, about 4 minutes. Add garlic, half of the rosemary, and half of the lemon zest and cook, stirring, until fragrant, about 30 seconds. Add chicken stock and bay leaves.
3. Add white beans and simmer for 30 minutes.
4. Transfer 2 cups of soup to a blender and blend on high speed until smooth. Return to pot. Add kale and cook until tender, about 10 minutes longer.
5. Season soup to taste with salt and pepper and serve immediately, drizzling with olive oil and sprinkling with remaining rosemary and lemon zest. Grate a little Parmesan cheese over top if desired.