

White bean and sausage soup

Preface

This is an experimental recipe.

Ingredients

- Ukrainian Sausage
- 2 Carrots
- 2-3 Celery sticks
- Small Onion
- 2-3 Yellow Potatoes
- 1 can white beans (drained)
- 3 cups chicken/vegetable stock
- 1 tbsp Fresh Thyme or 1 tsp dried thyme
- Salt, to taste
- Pepper, to taste
- 1/8 tsp Chili Flakes

Directions

- Make mirepoix out of carrots, celery sticks, onion
 - dice potatoes
 - loosely chop spinach
 - Saute Ukrainian sausage, set aside
 - Saute mirepoix in 1tbsp butter until tender-crisp, about 3-4 mins
 - Add white beans, diced potato, chick/veg stock, seasonings
 - Simmer until potato and veg soft, about 20-25 mins
 - Blend half the soup, return to pot with the rest
 - Add spinach and sausage, heat through until spinach wilts
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