



Italian Sausage & Bean Soup

INGREDIENTS

- 6 Italian pork and fennel sausage, taken out of casings (you can use whatever sausages but use good quality sausages)
- 1L chicken stock
- 1 leek, white part, sliced
- 4 cloves of garlic, crushed
- 2 medium carrots, finely diced
- 4 celery battons, finely diced
- 2 medium potatoes, finely diced
- 1/2 red capsicum, finely diced
- 1 medium brown onion, diced
- 1 tomato, diced
- 5 button mushrooms, diced
- 2 bay leaves
- 1/2 cup of fresh parsley, chopped
- Handful of fresh thyme
- 1 can of four bean bean mix, drained and rinsed well

INSTRUCTIONS:

1. Sauté leek and onion with some olive oil until softened. Add garlic and cook for 1 minute until fragrant.
2. Add sausage mince and brown breaking up any lumps, roughly.
3. Add in all other ingredients, season with black pepper and cook on low for 4-6 hours. (please do not add salt as the sausages add enough salt to the soup).

TIPS:

- If cooking on stove top. Follow same steps but cook on low with lid on for approx 1-1.5 hours
- I often add 1/2 cup of brown rice or risoni into the soup, if so I would recommend adding an extra 500ml of stock.
- You can use any sausage flavor you like, chorizo taste amazing in this soup as well.
- Feel free to add or change vegetables to your preference.