

# Italian Chicken Sausage & White Bean Soup

## PREP TIME:

5 minutes

## COOKING TIME:

slow cooker  
LOW: 7-8 hours  
or  
HIGH: 3 hours

## SERVES:

4-6

## INGREDIENTS:

1 tbsp oil

12 oz Italian Chicken / Turkey sausage, cut into 1" rounds (I kept the skin on)

1 ½ cups / 1 medium onion, diced

2 tsp / 4 cloves garlic, minced

Mediterranean blend

2 x 14 oz cans cannellini / northern beans

4 cups chicken broth (you might want to add a cup of water to make it go further)

1 cup escarole / Cavalo Nero, ribbed and shredded

## PREPARE:

heat oil in a sauté pan on medium

add the chicken sausage and brown for 2 minutes

stir in the onion and sauté for a further 2 minutes and transfer to the slow cooker

stir in the garlic, sprinkle over the Mediterranean blend; stir in the cannellini beans and chicken broth

stir, cover and cook on LOW: 7-8 hrs HIGH: 2 1/2 - 3 hrs

Remove the lid and stir in the escarole/kale and serve

