



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

ITALIAN SAUSAGE WHITE BEAN SOUP

1 pound Italian sausage	4 cups chicken broth
4 strips bacon, cut into small pieces	1 dash Italian seasoning
½ medium onion, chopped	¼ teaspoon dried rosemary
3 cloves garlic, minced	2 small carrots, peeled & chopped small
4 (14 ounce) cans white beans (cannellini), drained	2 cups (packed) fresh baby spinach
	Salt & pepper, to taste

1. Add the sausage to a large soup pot, along with the bacon.
2. Cook over medium-high heat until the sausage and bacon are somewhat crispy/the fat has been rendered out (this can take upwards of 15 minutes). Meanwhile, prep the other ingredients.
3. Transfer the sausage and bacon to a plate. Leave about 2 tablespoons of fat in the pot (spoon any excess out).
4. Add the onion to the pot and sauté it for 3-5 minutes or until it's softened and starting to lightly brown. Stir in the garlic and stir for 30 seconds.
5. Add the beans, chicken broth, Italian seasoning, and rosemary. Give it a good stir and scrape up any brown bits off the bottom of the pot.
6. Take the pot off the stove. Using an immersion/stick blender, puree the soup. You may want to leave some of the beans whole. The soup will thicken a bit more as it cooks, but the thickness/texture will be similar to what it is after you do this part. If you don't have a stick blender, transfer a ladle or two of beans to a regular blender, or use a potato masher or fork for a more rustic texture.

7. Return the sausage and bacon to the pot and add in the chopped carrots as well. Increase the heat to high. Once the soup starts to boil, cover the pot with the lid slightly ajar and reduce the heat so it's simmering. Cook for 15-20 minutes or until the carrots have softened and the soup has thickened up a bit more.
8. Stir in the spinach and let it wilt for a minute or two. Taste and season with salt and pepper as needed. Serve immediately.

NOTES:

- You can use low sodium chicken broth if you are wanting to lower the salt content of the soup.
- **Instant Pot method:** sauté the ingredients as instructed, blend the beans right in the pot, cook it on high pressure for 8 minutes, then add the spinach in after you release the pressure. If needed, add extra broth to thin the soup out.

<https://www.saltandlavender.com/italian-sausage-white-bean-soup/>