

SLOW COOKER SAUSAGE AND BEAN SOUP

Preparation: **10 mins.** | Cooking: **7 Hours** | Servings: **8**

INGREDIENTS

1 tbsp. extra-virgin olive oil
4 precooked sausages, such as andouille, sliced
2 (15-oz.) cans white beans
2 cloves garlic, minced
1/2 onion, finely chopped
3 medium carrots, peeled and sliced
2 celery stalks, sliced
2 sprigs fresh thyme
2 bay leaves
Kosher salt
Freshly ground black pepper
4 c. low-sodium chicken broth
1 c. water
1/2 lb. kale, cut into bite-sized pieces
Freshly grated Parmesan, for serving



INSTRUCTIONS

Begin by sautéing the sausage in a skillet over medium heat, 4 to 5 minutes. Remove and place in slow cook.

Add which beans, garlic, onion, carrots, celery, thyme and bay leaves to the slow cooker with sausage. Season with salt and pepper and cover with broth and water. Stir and cook on low for 6-7 hours or high for 3-4 hours.

Add in kale and continue cooking for 10-15 minutes on high, until kale become wilted. Remove bay leaf and thyme and top with parmesan before serving.