Sausage and Bean Soup

Description

Homemade sausage and bean soup with 17 different kinds of beans and mixed greens. Makes a very hearty and satisfying soup. The smoked sausage and smoked paprika add a rich smokey flavor.



Summary

Yield: 10
Prep Time: 3 hours
Category: Soups
Cuisine: American

Ingredients

- 1 pkg 17 bean soup mix (12 oz)
- 3 qts chicken broth
- 1 lb smoked chicken and garlic sausage
- 2 tsps smoked paprika (heaping teaspoons)
- 1 shallot, chopped
- 1 tbsp smoked olive oil
- 6 ozs mixed fresh greens (mustards, collards, spincach, turnips)
- 1 tbsp sea salt
- 1 tbsp fresh ground black pepper
- 1 bay leaf

Instructions

Soak the dried beans overnight. Rinse in cold water and drain.

Chop the shallots and sausage into small, bite-size pieces.

In a large 6 quart soup pot, heat the olive oil, shallots, sausage and paprika over medium heat. You're making a type of roux with the paprika.

Add 3 quarts of chicken broth, bay leaf, and the mixed dried beans. Bring to a full boil, reduce to a simmer and cook for 2 hours.

Add mixed greens, sea salt and fresh ground pepper. Simmer for another 30 to 45 minutes.

Remove the bay leaf before serving.

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Notes

You can substitue a regular olive oil for the smoked olive oil. We use a Spanish smoked olive oil.

You don't have to use the 17 dried bean mix, try one of your favorite dried beans (navy, large lima, red beans, etc.).

On the healthier side, the chicken sausage is nice. If you prefer, a smoked kielbasa works fine (Hilshire Farms or Healthy Choice)