

# HEARTY SMOKED SAUSAGE & WHITE BEAN SOUP

## INGREDIENTS

- 1 Tbsp olive oil
- 13 oz. smoked VG all-beef sausage, sliced
- 1 medium-sized Spanish or yellow onion, diced
- 2 garlic cloves, minced
- 2 bay leaves
- 1 tsp herbes de Provence
- 1 (14.5 oz.) can diced tomatoes
- 2 (15 oz.) cans cannellini beans, drained and rinsed
- 4 cups (32 oz.) low-sodium chicken broth
- 10 oz. fresh baby spinach
- Salt and pepper, to taste
- Grated parmesan or romano cheese, for serving
- Dollop of sour cream, for serving (optional, but recommended!)

## DESCRIPTION

This soup was made to be enjoyed on cold nights. Using VG's smoked sausage, cannellini beans and fresh spinach, this soup is both satisfying and delicious. Enjoy with a fresh loaf of bread and a warm, cozy blanket.

Serves 4-6

## VEGETARIAN PRO TIP:

For extra cozyness and warmth, kick up your soup by using VG spicy smoked sausage instead! The spice will add extra heat, flavour and brightness to an already delicious soup.



## METHOD

- 1 In a large pot over medium-high heat, add olive oil. Once hot, but not smoking, add your sliced smoked sausage and cook 5-7 minutes, stirring occasionally, until nicely browned.
- 2 Add onions and garlic to the same pot and cook 2-3 minutes, until soft and fragrant, but not burnt.
- 3 Stir in bay leaves, herbes de provence, diced tomatoes, beans and chicken broth. Cover and bring to a boil.
- 4 Once boiling, reduce heat to low and simmer uncovered 25-30 minutes. Remove your bay leaves and discard or feel free to leave them in your soup until you are ready to serve for extra flavour!
- 5 When ready to serve, stir in spinach during last 5 minutes of cooking and season with salt and pepper.
- 6 Spoon into serving bowls and top with grated cheese and sour cream.