

The Ultimate Sausage, Bean, and Pasta Stew for Chilly Nights

Prep Time: 15 minutes | Cook Time: 45 minutes | Servings: 6



TIME
15 min

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INGREDIENTS

- 1 lb Italian sausage (mild or spicy, your choice)
- 1 can (15 oz) cannellini beans, drained and rinsed
- 1 cup small pasta (like ditalini or elbow)
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 can (14 oz) diced tomatoes
- 4 cups chicken or vegetable broth
- 2 cups kale or spinach, chopped
- 1 tsp dried oregano
- Salt and pepper to taste
- Olive oil for sautéing

DIRECTIONS

1. In a large pot, heat a drizzle of olive oil over medium heat. Add the chopped onion and sauté until translucent, about 5 minutes.
2. Add the minced garlic and cook for an additional minute until fragrant.
3. Remove the sausage from its casing and add it to the pot. Cook until browned, breaking it up with a spoon as it cooks.
4. Stir in the diced tomatoes, broth, and oregano. Bring to a simmer.
5. Add the pasta and cook according to package instructions, usually about 10 minutes.
6. In the last few minutes of cooking, stir in the beans and chopped greens. Season with salt and pepper to taste.
7. Serve hot, garnished with fresh herbs or grated cheese if desired.

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Original recipe: <https://chefmaniac.com/the-ultimate-sausage-bean-and-pasta-stew-for-chilly-nights/>