

Smoked Sausage and Baked Bean Soup: The Easiest Dinner Recipe

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TIME
20 min

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INGREDIENTS

- 1 tbsp olive oil
 - 1 small onion, diced
 - 2 cloves garlic, minced
 - 12 oz smoked cocktail sausages (or kielbasa), sliced
 - 1 (28-ounce) can baked beans
 - 1 (14.5-ounce) can diced tomatoes (with juices)
 - 2 cups low-sodium chicken broth
 - 1 tsp smoked paprika
 - Salt and black pepper, to taste
 - Optional: Hot sauce, for serving
 - For Serving: A piece of crusty bread or cornbread
- Swaps & Notes:
- Sausage: While smoked cocktail sausages are great for this, you can also use sliced kielbasa, andouille sausage, or any other pre-cooked smoked sausage.
- Baked Beans: Feel free to use any brand or flavor of baked beans you prefer. If your beans are a sweeter variety, you may want to adjust the spices.
- Broth: Low-sodium chicken broth is best so you can control the salt level. Vegetable broth also works well here.
- Spice: For an extra kick, add a pinch of red pepper flakes with the onion, or serve with your favorite hot sauce.
- Veggies: You can add a chopped bell pepper or a cup

of frozen corn to the pot for extra flavor and nutrients.

DIRECTIONS

1. Sauté the Aromatics: Heat the olive oil in a large pot or Dutch oven over medium heat. Add the diced onion and cook for 3-4 minutes, stirring occasionally, until it's soft and translucent.
2. Add : Garlic and Sausage: Stir in the minced garlic and cook for another 30 seconds until it's fragrant. Add the sliced smoked sausages and cook for about 3 minutes, or until they are lightly browned.
3. Build the : Soup: Pour in the baked beans, the can of diced tomatoes (with their juices), and the chicken broth. Stir in the smoked paprika until everything is well combined.
4. Simmer: Bring the soup to a simmer, then reduce the heat to low. Let it cook for 10-15 minutes, stirring occasionally, to allow the flavors to blend together beautifully.
5. Season and : Serve: Season the soup with salt and black pepper to taste. If you like a bit of heat, add a dash of hot sauce. Serve warm with a piece of crusty bread for dipping.

SWAPS & NOTES

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Baked Beans: Feel free to use any brand or flavor of baked beans you prefer.

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Broth: Low-sodium chicken broth is best so you can control the salt level.

TIPS FOR SUCCESS

Use a Good Sausage: A quality smoked sausage is key to the flavor of this soup.

It's the main ingredient, so choose one you love.

Don't Over-Simmer: This soup doesn't need a long simmer.

The ingredients are already cooked, so the goal is just to heat everything through and let the flavors meld.

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