



FARMERS MARKET

37685 South Gratiot – Clinton Township, MI 48036 – 586.469.2525

White Bean & Sausage Soup with Peppers –

4 tbl. butter
2 cups finely chopped yellow onions
2 carrots, peeled and chopped
3 garlic cloves, peeled and minced
6 parsley sprigs, chopped
1 tsp. dried thyme
1 bay leaf
4 cups chicken stock
1 ¼ cup dried white beans, soaked overnight
1 sweet red and 1 green pepper
2 tbl. olive oil
½ lb. precooked kielbasa
Salt and pepper to taste

1. Melt the butter in a pot. Add onions, carrots and garlic and cook, covered, over low heat until vegetables are tender and lightly colored, about 25 minutes.
2. Add parsley, thyme and bay leaf and pour in the stock. Drain the beans and stir them into the pot. Bring to a boil. Reduce heat and simmer, partially covered, until beans are very tender, 45 minutes to 1 hour.
3. Pour the soup through a strainer, reserving the stock; discard the bay leaf, and transfer the solids to the bowl of a food processor fitted with a steel blade, or use a food mill fitted with a medium disc. Add 1 cup of the cooking stock if using the processor and process until smooth.
4. Return pureed soup to the pot and stir in additional cooking liquid, 2 – 3 cups, until the soup is the desired consistency.
5. Cut away stems and ribs of the peppers and dice them. Heat olive oil in a small skillet, add peppers and sauté over low heat, stirring occasionally, until tender but still crunchy, about 15 minutes. Transfer peppers to the soup with a slotted spoon.
6. Dice the kielbasa and add it to the soup. Set over medium heat and cook, partially covered, until heated through, about 15 minutes. Season to taste

Credit: Silver Palate Cookbook