

# Stacy London's Broccoli, White Bean & Sausage Soup

Adapted slightly From "The Chew", Sept. 2013

Internet Address: <http://abc.go.com/shows/the-chew/recipes/Broccoli-White-Bean-Sausage-Soup-Stacy-London>



## Servings: 8

1. Place a heavy bottomed pot over medium-high heat. Add 2 to 3 tablespoons of olive oil and then add onion. Season with salt and pepper and cook for 3 to 5 minutes, or until just translucent. Add the broccoli and again season with salt and pepper.
2. Pour the chicken stock over the broccoli and bring up to a boil and then reduce to a simmer. Cook for 8 to 10 minutes, or until the broccoli is fork tender.
3. Let cool slightly and then transfer, working in batches, to a blender. Cover the blender with a towel to ensure it doesn't splatter, and puree until VERY smooth. Taste and adjust seasoning.
4. Place another heavy bottomed pot over medium high heat and add 1 to 2 tablespoons of olive oil. Add the sausage and brown on all sides, about 8 to 10 minutes. Add mushrooms and zucchini and continue cooking for 5-7 minutes.
5. When almost completely cooked, add the kale. Season with salt and pepper and cook for 3 to 4 minutes or until the veggies are all cooked sufficiently. Add the beans and cook for another 1 to 2 minutes.
6. Pour the broccoli soup in the sausage and kale and stir to combine. Let cook for one to two more minutes to let the flavors meld. Taste and adjust the seasoning, then serve while hot. Garnish with chopped parsley, if desired.

### BROCCOLI SOUP:

- 1 tablespoon olive oil
- 1 large onion (chopped)
- 2 large heads broccoli (florets chopped; stems peeled and chopped)
- 5 cups chicken stock

### CHICKEN SAUSAGE SOUP:

- 2 tablespoons olive oil
- 1 pound spicy chicken sausage (removed from casing and crumbled)
- 1 bunch kale (cut into 1/2-inch ribbons and chopped)
- 6 ounces button mushrooms, sliced [my addition]
- 2 small zucchini, chopped [my addition]
- 2 15.5 ounce cannelini beans, cooked (drained and rinsed)
- Salt and Pepper
- 1/2 cup Italian parsley, chopped (garnish)

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Per Serving (excluding unknown items): 401 Calories; 12g Fat (25.3% calories from fat); 35g Protein; 42g Carbohydrate; 16g Dietary Fiber; 53mg Cholesterol; 1450mg Sodium. Exchanges: 2 Grain(Starch); 3 Lean Meat; 2 1/2 Vegetable; 1 Fat.

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>