

Sausage, Kale and White Bean Chunky Soup

This soup is tasty, filling, and quick to make if you use tinned beans. If you use dried beans, remember to begin soaking them the day before.

Serves 4 Skill Level: Easy

1 pack Ardross beef sausages

400g can of Cannellini or Butter Beans, or the equivalent soaked dried beans

1 brown onion, peeled and chopped

2 medium carrots, chopped

1 tub Ardross frozen beef stock, thawed

Small bunch green or red curly kale

Salt and pepper, 1 tbsp oil for frying veg

- First prepare the beans. If using soaked, dried beans, you will need to cook them according to the instructions on the pack, otherwise, just open the tin.
- Next, using a knife or kitchen scissors, remove and discard the skins from the beef sausages, being careful to keep their shape. When the skins are off, cut them into little chipolata-sized skinless chunks.
- Finally, prepare the kale by washing the leaves, and tear the curly leaves from the thick stem. Chop the stems and leaves separately into bite-sized pieces.
- Now start to cook the soup. Put the sausage pieces into a large non-stick pan, over a medium heat. As they begin to sizzle, shake the pan to brown them on all sides.
- Remove the sausage pieces with a slotted spoon, leaving behind any oil that's come out of them.
- Depending how much oil remains, you may need to add up to a tablespoon of oil to fry the carrots and onions.
- Fry the onion, kale stems (not leaves) and chopped carrot over a medium heat for about 3-4 minutes until they begin to soften.
- Remove the pan from the heat, and add back the sausages.
- Pour in the beef stock, return to the heat and bring the soup to a gentle boil.
- Lower the heat, and cover the pan, so the soup is bubbling occasionally in a gentle simmer for 10 minutes or so.
- Add in the beans and kale leaves, and leave to simmer for another 10 minutes.
- Taste, adjust seasoning, and serve.