

Cannellini Bean, Kale, and Sausage Stew

<http://userealbutter.com/2012/10/29/cannellini-bean-kale-sausage-stew-recipe/>
from [Kalyn's Kitchen](#)

2 tsps olive oil
1 lb. bulk spicy Italian sausage (or any sausage, but I like spicy!)
32 oz. (2 cans) cannellini beans (or pressure cook 1 cup dried cannellini beans)
2 lbs. tomatoes, diced
2 tbsps garlic, minced
1 tsp dried basil
1 tsp dried oregano
1/2 tsp ground fennel
1 1/4 cups chicken stock
4 cups fresh kale

In a frying pan, heat the oil and add the sausage. Fry the sausage, breaking up large chunks, until browned. Drain the beans. Place the cooked sausage, beans, tomatoes, garlic, basil, oregano, fennel, and chicken stock in a slow cooker. Cook for 2 1/2 hours on high. If you don't have a slow cooker, you can bring everything to a boil in a stock pot and then reduce to a simmer for about an hour. Remove the kale leaves from their fibrous ribs. Chop the leaves (discard or compost the ribs) and add them to the stew. Let the slow cooker continue on high for 45 more minutes. If cooking on the stove, simmer the stew for another 15 minutes. Serve with a sprinkling of Parmesan cheese. Serves 6-8.