Kielbasa Bean Soup

Cook the sliced sausage in a skillet on medium heat. When about half way done add the chopped onion. Drain the excess fat.

Add this to a large stockpot or crock-pot. Stir in the remaining ingredients. Add the cayenne pepper to your liking. Heat to boiling, stirring occasionally. Reduce heat and simmer for 15 minutes uncovered.

This will comfortably serve 4 people.

I, personally, like it a little more hearty, even stew like so I add a little more sausage and white kidney beans. This will give me enough for lunch the next day or two.

Enjoy!

- Scottie Hines, CGCS

Ingredients
1 lb. cooked and sliced Polish Kielbasa
1 onion, chopped
1.5 teaspoons minced garlic
14.5 oz. (1 can) stewed tomatoes, do not drain
16 oz. (1 can) tomato puree
10 oz. frozen spinach
15 oz. (1 can) white kidney beans
2 cups water
1 tablespoon dried dill
1/2 teaspoon salt
1/2 teaspoon pepper
Cayenne pepper (to taste)

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