

## ITALIAN PEASANT SOUP

**Serves 6**

**Time: 20 minutes**

- 1 pound boneless/skinless chicken breasts cut into 1-inch pieces
- 1 pound mild Italian sausage links, casings removed, cut into 1-inch pieces or use ground sausage
- 1 Tablespoon olive oil
- 1 medium yellow onion, chopped
- 4-6 garlic cloves, minced
- 2 15-oz. cans cannellini beans, rinsed and drained. May substitute great northern beans
- 1 14.5 oz. can diced tomatoes with juice
- 4¼ cups chicken broth
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 6 cups fresh spinach, kale or Swiss chard leaves, chopped
- ½ cup fresh Parmesan cheese, grated

1. Wipe off the chicken with a wet paper towel. Cut into pieces, cut away any extra fat or gristle. Set aside.
2. In a large pot over medium heat cook sausage with 1 Tablespoon olive oil until browned and no longer pink. Drain any extra grease. Add onions and garlic. Sauté until the onions are soft. Add chicken pieces and sauté and stir until no longer pink. Add beans, tomatoes, broth, basil and oregano; stir to mix. Cook uncovered, for 10 min. Add the spinach, kale or chard and heat just until wilted. Serve with Parmesan cheese sprinkled on top.

**Serve with:** Food Nanny Parmesan Bread Sticks page 246. French Baguettes page 242.

*Julie, we love your soup! Everyone I have ever made this soup for has really enjoyed it. Even the kids will eat spinach cooked this way in the soup. I love spinach, kale and chard as options. They are so good for you and taste really great too. Kale is a vegetable that many were raised on during the great depression. It was a vegetable that many home cooks used, especially on the East Coast. Now we are using it like it is something that has just been discovered! It is so funny how that works with food and lots of other things too.*

**TUESDAY  
ITALIAN NIGHT**

