

Winter Bean and Sausage Soup



INGREDIENTS

- 1 cup of Borlotti Beans fresh or soaked for at least 8 hours. Alternatively use 1 tin of Borlotti or Cannelini Beans rinsed.
- 1 Onion
- 1 stalk of Celery
- 2-3 cloves of Garlic
- 1 Carrot peeled & chopped
- 3 Baby Leeks
- 1-2 cups of Pumpkin cubed
- 2 tbsps of fresh Rosemary chopped finely
- 2 tbsps of River Estate Extra Virgin Olive Oil
- 1 tsp of Smoked Paprika
- 1 300gm pack of Bentrü Dutch Smoked Sausages
- 1 tin of Tomatoes in Juice
- 1 tbsp of Tomato Paste
- 1 litre of Chicken Stock
- Sea Salt and Pepper to taste
- Serve with parmesan and flat leaf parsley.

METHOD

Drain beans, put them in a large pot covered with fresh cold water. Bring to the boil and simmer until tender. If using tinned beans rinse and drain.

Heat olive oil in a large sauce pan and cook the vegetables, garlic and rosemary gently for about ten minutes until soft.

Add the paprika, tomatoes and tomato paste to the vegetables, increase the heat and stir for one minute.

Add the stock and beans and simmer for ten minutes.

While the soup is cooking heat another pan of water and cook the sausages in their bag for ten minutes.

Slice and add the sausages, season with salt and pepper and top with parsley and parmesan before serving.

Delicious with toasted Wild Wheat Wholemeal or Country Sourdough bread.