

Andouille White Chili with Kale



PREP TIME:
20 MINUTES

COOK TIME:
40 MINUTES

TOTAL TIME:
60 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 5-6 Servings

Ingredients:

- 12 oz. Organic Andouille Chicken Sausage (pre-cooked) cut into bite-sizes - *found at Whole Foods*
- 2 TBSP Olive Oil
- 2 TSP Himalayan Sea Salt
- ½ Cup Chopped Onion
- 1 Cup Chopped Celery
- 1 Cup Chopped Carrots
- 4 Garlic Cloves Minced
- 2 TSP Salt
- 1 1/2 TSP Cumin
- 2 Cans Organic 12-14 oz. (each) Cannellini Beans – Drained (**BPA Free Lining**)
- 32 oz. Vegetable (or Chicken) Broth – Divided, Reserving 4 oz.
- ½ Cup Cooked Quinoa
- 3 Cups Chopped Kale
- 8 Basil Leaves Sliced

Instructions:

1. In large pot, add 1 TBSP olive oil and heat on medium. Add onion and cook 3-5 minutes.
2. Add Celery and carrots. Cook 6-8 minutes and then add garlic.
3. Cook another 2 minutes. Add ¼ Cup the broth to pot – will help veggies soften. Cook 2 minutes.
4. Season with salt and cumin.
5. Pour in remaining broth and 1 can beans. Let Simmer 15 minutes.
6. In the meantime, add 1 can of beans pureed in small food processor – add 4 oz. broth – blend until smooth & creamy. Add to pot.

7. In a medium sauté pan, add 1 TBSP olive oil and andouille sausage. Stir and cook until golden.
8. Add sausage to pot.
9. Add kale and cooked quinoa. Let simmer another 10 minutes until kale is wilted.
10. Top with basil.

11. *Optional: Top with ½ Sliced Avocado or Nutritional Yeast.*

***Try and use all organic ingredients if possible.**

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