

# Escarole And Bean Soup



PREP TIME:  
5 MINUTES

COOK TIME:  
25 MINUTES

TOTAL TIME:  
30 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 4 Servings

## Ingredients:

- 1 Head Escarole Lettuce – Cleaned and Roughly Chopped
- 1 TBSP Extra Virgin Olive Oil
- 4 Garlic Cloves – Minced
- 8 Cups Organic Vegetable Broth (Low Sodium)
- 1 15 oz. Can Organic Cannellini Beans (Non-BPA Lined)
- 1 ½ TSP Himalayan Sea Salt
- **Optional:** 12 oz. Spicy Italian Chicken Sausage (Diced into bite-size pieces)
- **Optional:** Red Pepper Flakes to taste

## Instructions:

1. In large pot, add olive oil and heat to medium. Add garlic and pepper flakes (if using).
2. Cook about 1-2 minutes and immediately add broth.
3. Next add the escarole. Cover and simmer medium/low for 10 minutes.
4. Add beans and salt. Simmer on low until cooked through – another 15 minutes.
5. **Optional:** Add quickly sautéed sausage to pot for extra flavor.

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

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