

white bean and sausage skillet

Makes 4 servings

RECIPE ADAPTED FROM: [The Modern Proper](#)

PREP TIME: 10 minutes

COOK TIME: 20 minutes

2 Tbsp olive oil

12-16 oz smoked or Italian sausage links (chicken or pork), ½-inch sliced

3 garlic cloves, minced

2 (15-ounce) cans cannellini beans, rinsed and drained

1½ cups chicken stock

1 tsp minced fresh thyme leaves

sea salt and freshly cracked black pepper, to taste

about 3 cups packed, chopped curly kale, stems removed OR 5oz baby kale

1 Tbsp lemon juice

¼ cup parmesan cheese, plus extra for serving

red pepper flakes, optional

HEAT olive oil in a 12-inch skillet over medium-high heat.

ADD sliced sausage and cook on both sides until browned, about 4-5 minutes.

ADD garlic to the skillet and stir around for about 15 seconds, then add beans and 1 cup of chicken stock.

ADD thyme, sea salt and pepper. Stir to combine and bring to a simmer over medium heat.

ADD kale, reduce heat to medium-low and cover. Cook, stirring often, until kale has wilted, about 2-5 minutes more.

ADD lemon juice, parmesan and red pepper flakes (if using). Stir to combine.

ADD remaining chicken stock a little at a time if it starts to get too dry.

ADJUST seasoning to taste.

