

Recipe – Sausage and Artichoke Heart Stew

Ingredients:

- 2 pounds (about 8 thick links) of high quality sausage. We used lamb.
- olive oil or grape seed oil
- 2 onions, chopped
- 6 large cloves garlic, minced
- 2 bunches of kale, torn into bite-sized pieces
- 1 can Rotel tomatoes, or (fresh) tomatoes plus some hot sauce
- 2 cans of cannellini beans, drained
- 2 cans of artichoke hearts, drained
- 1 – 2 cups broth or water and 1 tsp Better Than Bouillon organic soup base
- Optional: a few dashes of extra hot sauce

Directions:

Gently brown the links in oil.

Add the onions and garlic and allow to brown a little. Stir occasionally.

Add the kale, tomatoes, and beans and allow to simmer until the kale is almost soft but still bright green.

Remove the sausage, cut into chunks and return to the pot.

Just before serving, add the artichoke hearts and broth.

Makes 8 servings.

We served this with a slaw of brilliant red cabbage, red and yellow bell peppers and tahini dressing.