Gourmet Bean Soup

A
delicious thick, flavorful soup made with dried beans, peas, and
lentils. Easy but so amazingly delicious, the whole family loves this
recipe!
Yield:

8 servings
Ingredients:

1 pound (about 2 1/2 cups) dry bean/peas/lentils blend*
8 ounces turkey Italian sausage (cut into slices) or turkey sausage patties (diced)
1 large onion, chopped
2 tablespoons oil
1 green bell pepper, diced
1 red bell pepper, diced
4 garlic cloves, minced
1 can (12-15 ounces) diced tomatoes
1/4 teaspoon crushed red pepper flakes
2 bay leaves
1/4 teaspoon freshly ground black pepper
8 cups of chicken stock (or water + bouillon)
Salt, to taste (start with 1 teaspoon)

Grated Parmesan cheese, for serving (optional)
Instructions:

1. In a large stock pot, combine all ingredients except the (optional) Parmesan cheese.

2. Bring to a boil over medium heat and then simmer gently over low
heat, covered, until beans are all tender (about 2 1/2 hours, but could

take longer).

3. When beans are tender, remove the bay leaves. Season with additional salt to taste. Ladle into bowls and sprinkle with grated Parmesan cheese if desired. Serve hot!



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This recipe was taken from Tammy’s Recipes.