



HEARTY SAUSAGE WHITE BEAN SOUP

Serve in large bowls with crusty bread & salad for a complete meal.

Yield: 8 servings

1 lb. pkg.	FLETCHER'S Hot Italian Pork Sausage dinner links
19 oz. can	navy or white kidney beans, drained and rinsed
2	bay leaves
2 quarts	low fat, low salt chicken stock
1	carrot, peeled and sliced into ¼-inch thick coins
3 cups	cabbage, finely sliced
2	leeks (white part only), sliced and rinsed
¼ tsp.	ground black pepper
¼ tsp.	fennel seeds
¼ cup	chopped fresh flat (Italian) parsley

1. Pre-cook sausages following package directions. Cut each sausage into ¼-inch thick pieces.
2. In a Dutch oven or stock pot, combine beans, bay leaves, stock, carrot, cabbage, leeks, and fennel. Gently boil for 15 minutes.
3. Add sausages and parsley. Boil gently for another 15 minutes, until beans are very soft and some are breaking apart.

TIPS:

- For variation, choose FLETCHER'S Mild Italian Pork, Redhook Bratwurst, Tomato Basil Chicken or Sweet Italian Chicken sausage dinner links.
- If using bratwurst, use ¼ tsp. nutmeg instead of fennel seeds.
- You may wish to omit pepper with Hot Italian sausages.
- Tastes even better the next day. Freezes well for 3 months.