

From the Kitchen at Stonewall Resort

KALE AND WHITE-BEAN STEW

Ingredients:

2 tablespoons cooking oil
4 ounces mild or hot sausages, casings removed
2 onions, chopped
3 cloves garlic, minced
1 pound kale, tough stems removed, shredded
3 1/3 cups canned dice tomatoes in juice
4 cups drained & rinsed canned cannellini beans

Directions

FOR SAUSAGES: In a Dutch oven, heat 1 tablespoon of the oil over moderate heat. Add the sausage and cook, breaking the meat up with a fork, until it loses its pink color, about 2 minutes. Add the remaining tablespoon of oil to the pan and then stir in the onions. Cook, stirring occasionally, until the onions start to soften, about 3 minutes.

FOR KALE: Add the garlic and kale to the pan and cook, stirring, until the kale wilts, about 2 minutes. Stir in the tomatoes; bring to a simmer. Reduce the heat and simmer, covered, until the kale is tender, about 15 minutes.

FOR BEANS: Stir the beans into the stew and cook until warmed through, about 5 minutes. If you like, mash some of the beans with a fork to thicken the sauce.
Season to taste with salt and pepper.