



Potato, Sausage and Escarole Soup*

prep time:
15 minutes

cook time:
30 minutes

makes 8 servings

grocery list

Filippo Berio Extra Virgin Olive Oil
ShopRite Spicy Italian Sausage
onion, celery and garlic
low-sodium chicken broth
Morton & Bassett Bay Leaves
baking potatoes
escarole or **Cut 'n Clean Greens**
Country Mix
La Baleine Salt
Morton & Bassett Whole Black
Peppercorns

*Recipe by ShopRite Culinary Workshop Instructor
Chef Steve Sundberg

potato, sausage and escarole soup

- 1 tbsp. **Filippo Berio Extra Virgin Olive Oil**
- 1 lb. **ShopRite Spicy Italian Sausage**, cut into $\frac{3}{4}$ -inch thick slices
- 1 large onion, chopped
- 2 ribs celery, diced
- 2 cloves garlic, minced
- 3 (14.5-oz.) cans low-sodium chicken broth
- 2 **Morton & Bassett Bay Leaves**
- 2 lb. baking potatoes, peeled and diced
- 1 lb. escarole or **Cut 'n Clean Greens Country Mix**
- La Baleine Salt**
- Morton & Bassett Whole Black Peppercorns**

1. In large heavy pot, heat oil over medium heat. Add sausage and sauté until lightly browned. Remove sausage to plate; set aside. Add onion, celery and garlic; sauté 1 minute.
2. Stir in chicken broth, bay leaves and potatoes. Cover and bring to boiling. Reduce heat to low and simmer 25 minutes or until potatoes are tender.
3. Meanwhile, rinse and drain escarole. Cut off and discard thick stems. Roll escarole leaves into a large “cigar” shape and chiffonade escarole.
4. Stir escarole slices into soup to wilt. Add reserved sausage and season to taste. Cook uncovered 3 minutes more or until all vegetables are tender. Season with salt and freshly ground pepper to taste

Nutrition Per Serving: 335 calories, 27g carbohydrate, 14g protein, 4g fiber, 19g fat, 6g saturated fat, 43mg cholesterol, 1150mg sodium

cook's journal

kitchen tools

- measuring utensils
- chef's knife
- cutting board
- can opener
- vegetable peeler
- large heavy pot with cover
- wooden spoon
- colander

recipe note

This soup also can be served as a puréed soup. Once the potatoes are tender, an immersion blender can be used to purée the soup before adding the escarole and sausage.

a good idea

If desired, add $\frac{1}{2}$ cup to 1 cup of half and half to make this soup a creamy chowder.

