Kale, Bean, and Chicken Sausage Stew

Ingredients

1 tablespoon olive oil

1 12-ounce package fully cooked chicken sausage links, sliced

2 cloves garlic, thinly sliced

1 19-ounce can cannellini beans, rinsed

1 14.5-ounce can low-sodium chicken broth

1 14.5-ounce can diced tomatoes ( ~1 lb. fresh tomatoes, chopped)

1 lb. kale leaves, torn into 2-inch pieces

kosher salt and black pepper

1 loaf country bread (optional)

Directions

1. Heat the oil in a large saucepan or Dutch oven over medium heat. Add the sausage and cook, stirring once, until browned, 2 to 3 minutes.
2. Stir in the garlic and cook for 2 minutes more.
3. Add the beans, broth, and tomatoes and their liquid and bring to a boil.

Add the kale and ¼ teaspoon each salt and pepper. Simmer, stirring occasionally, until wilted, 2 to 3 minutes. Serve with the bread, if using.