

White Bean Soup and Sausage

From Nourishing Broth by Sally Fallon Morrel and Kaayla T Daniel, PhD, CCN

1 cup cooked white beans fresh or canned
1 quart beef or chicken broth
½ cup pesto
½ pound Italian Sausage (you can make meatballs from bulk sausage or use sausage in its casing.
Sea salt
Grated Parmesan cheese.

Combine beans and sausage in a large saucepan, place over high heat and bring to a simmer. Whisk in the pesto and add the sausage and cook to heat through. Season with salt, ladle into bowls and serve topped with cheese.