

Herbed White Bean & Sausage Stew

A delicious, hearty, cold-weather stew that is deeply flavored and complex, but easy to make. The sweet Italian sausage, rosemary, and garlic make for a perfect combination in this white bean stew. It pairs beautifully with the 2021 Lolati Kikoi Red Blend.



Ingredients

Makes 6-8 Servings
2 hr 30 min

- 2 tbsp EVOO, plus more for serving
- 1 pound sweet Italian sausage, sliced $\frac{3}{4}$ -inch thick
- 1 tbsp tomato paste
- $\frac{1}{2}$ tsp ground cumin
- 2 medium carrots, finely diced
- 2 celery stalks, finely chopped
- 1 onion, chopped
- 2 garlic cloves, finely chopped
- 1 pound dried great Northern beans, rinsed and picked through
- 2 tsp kosher salt, or to taste
- 2 thyme sprigs
- 1 large rosemary sprig
- 1 bay leaf
- 2 tsp balsamic vinegar, plus more for serving
- $\frac{1}{2}$ tsp black pepper, plus more to taste

Procedure

Step 1

Heat oil in a large stockpot over medium-high. Add sausage and brown until cooked through, about 7 minutes. Using a slotted spoon, transfer to a plate lined with a paper towel.

Step 2

Add the tomato paste and cumin to the pot. Cook, stirring until dark golden, about 2 minutes. Add the carrots, celery, onion, and garlic. Cook, stirring until the vegetables have softened, about 5 minutes. Stir in the beans, 8 cups of water, salt, thyme, rosemary, and bay leaf. Turn the heat up to high and bring to a boil. Then reduce heat to low and simmer gently until beans are tender, about 2 hours, adding more water if needed to make sure the beans remain submerged.

Step 3

When beans are tender, return the sausage to the pot. Simmer for 5 minutes. Stir in the vinegar and pepper. Taste and adjust seasoning. Ladle into warm bowls and serve drizzled with more vinegar and olive oil.

Tip: Make this in the slow cooker by adding all the ingredients except the sausage and garnishes, and 7 cups of water (instead of 8) to the machine. Cook on low for 8 hours. (it holds well on low for 2 more hours.) When ready to serve, roast the sausage in a sheet pan at 425° F for about 20 minutes. Slice and add the sausage and any accumulated juices from the pan, to the soup. Warm through and serve.