

Sausage, shiitake, and kale STEW

- brown sausage chunks in a bit of oil, set aside.
- sauté onion, garlic, potato, shiitake in sausage oil.
- add broth, deglaze pot.
- add kale and spices, mix, bring to low boil, simmer until kale is almost wilted.
- add beans, warm, smash some on the side of pot, scrape and mix in to thicken broth.
- add cooked sausage, mix well and warm through.
- scoop into bowls and sprinkle with grated cheese.

YB Forest
Farm

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Shiitake Mushrooms + Maple Syrup

INGREDIENTS

extra virgin olive oil

hot Italian sausage

onion

garlic

potato

YB Forest Farm Shiitake

broth

dino kale

s+p, thyme, nutmeg

canned cannellini beans

grated parmesan cheese