

BUDGET-FRIENDLY MEALS

Special Recipes for under \$8



Budget-friendly Meals Under \$8: White Bean and Sausage Soup

Ingredients:

6 sweet Italian sausage links, casings removed (can also use hot sausage or turkey sausage)

2 boxes low-sodium chicken broth

1 can cannellini beans, drained and rinsed

1 box bowtie pasta

1 bunch of escarole or a bag of chopped kale or spinach

1 tablespoon olive oil

¼ teaspoon ground black pepper (optional ¼ teaspoon red pepper flakes)

3-4 cloves of garlic, minced

¼ cup Parmesan cheese for serving

Directions:

- Cook pasta according to package directions.
- While pasta is cooking, in a Dutch oven over medium-high heat, crumble and cook sausage until no longer pink.
- Drain fat.
- Add olive oil and garlic to the pan.
- Sauté on medium heat until the garlic is fragrant.
- Add chicken broth, pepper and cheese, and bring to a boil.
- Add beans and greens.
- Cook until greens are wilted and tender.
- Add in cooked pasta.
- Sprinkle more cheese on top.

ENJOY!