

White Bean, Collard Greens & Turkey Sausage Soup

One Pot | Reliable | Deeply Nourishing

This is a sturdy, comforting soup that eats like a meal. It reheats beautifully, freezes well, and only gets better after a day in the fridge.

Ingredients (serves 4–6)

- 2 Tbsp **olive oil**
- 1 lb **turkey sausage**
(mild or spicy; links or bulk both work)
- 1 medium **yellow onion**, diced
- 2 carrots, diced
- 2 ribs **celery**, diced
- 3 cloves **garlic**, minced
- 1 tsp **kosher salt**, plus more to taste
- $\frac{1}{2}$ tsp **black pepper**
- $\frac{1}{2}$ tsp **dried thyme**
- $\frac{1}{4}$ tsp **red pepper flakes** (optional)
- 6 cups **chicken broth** (or low-sodium)
- 2 cans (15 oz each) **cannellini or great northern beans**, drained and rinsed
- 1 large bunch **collard greens**, stems removed, leaves sliced into ribbons
- 1 Parmesan rind (optional but excellent)
- Juice of $\frac{1}{2}$ **lemon**

Method (Follow This Order)

1. Brown the sausage

- Heat olive oil in a large pot over **medium heat**
- Add sausage:
 - If links: slice into coins

- If bulk: break into chunks
- Cook until lightly browned and cooked through
Remove sausage to a bowl and set aside

Why: Browning builds flavor, but removing it prevents rubbery sausage later.

2. Build the base

- In the same pot, add:
 - onion
 - carrots
 - celery
- Add a pinch of salt
- Cook **6–8 minutes**, stirring, until softened

Add garlic, thyme, pepper, and red pepper flakes
Cook **30 seconds** until fragrant

3. Add liquid + beans

- Pour in broth
- Add beans
- Add Parmesan rind if using
- Bring to a **gentle boil**, then reduce to a **steady simmer**

4. Add collards (this timing matters)

- Stir in collard greens
- Simmer **20–25 minutes**, uncovered

Collards need real time.
If you rush them, they stay chewy and bossy.

5. Finish the soup

- Return sausage to the pot

- Simmer **5–10 minutes** more
- Remove Parmesan rind
- Add lemon juice
- Taste and adjust salt

How You Know It's Right

- Collards are **tender but still green**
- Broth is flavorful, not flat
- Beans are intact, not mushy
- Sausage is juicy, not tight

Important Notes (Read These)

- **Do not skip the lemon.**
It wakes the whole pot up.
- **If soup thickens too much**, add a splash of water or broth.
- **If collards are very mature**, give them the full 25 minutes before adding sausage back.
- This soup **improves overnight**.

Variations (All Safe)

- **Spicier:** use hot turkey sausage or more red pepper flakes
- **Creamy finish:** mash a few beans against the side of the pot
- **Extra greens:** add a handful of spinach at the end
- **Dairy-free:** just skip the Parmesan rind

Storage

- Fridge: **4–5 days**
- Freezer: **up to 3 months**
- Reheat gently; don't boil hard