



Jennette Turner

Dinner with Jennette

Meal Plans for Natural Healthy Eating

Sample Meal

One Dish Wonder:

Portuguese Sausage and Cannelini Soup

Portuguese Sausage and Cannelini Soup *(Makes 4 servings)*

Turkey or pork “sweet Italian” sausage is probably the closest we can get to real Portuguese sausage here. I’m also using sweet potatoes instead of regular potatoes, but feel free to use the white ones if you prefer them.

1 T. olive oil OR butter	1 can cannellini beans, rinsed and drained
1 onion, chopped	4-8 cloves garlic, chopped
1 stalk celery, chopped	1 tsp. salt (less if you’re using commercial chicken stock)
½-¾ lb. turkey OR pork “sweet Italian” sausage, casings removed	2-4 leaves kale, chopped into small pieces
4 c. chicken stock	2-4 oz. parmesan cheese, grated
2 medium sweet potatoes (about 1½ lb.), peeled and chopped into bite-size chunks	

1. Warm oil in a large soup pot. Add onion and celery. Sauté for 2-3 minutes.
2. Crumble sausage into the cooking onions, and cook a few more minutes, until browned.
3. Add chicken stock, sweet potatoes, beans, garlic, and salt, and bring to a boil. Lower the heat to medium, and cook for 20 minutes – until sweet potatoes are tender.
4. Add kale and continue cooking for five more minutes. If you want a thicker soup, mash some of the sweet potatoes and/or beans against the side of the pot with your spoon.
5. Serve topped with parmesan.

Nutrition Tip: Homemade chicken stock is an excellent source of collagen and gelatin, both of which help restore health to damaged intestines and assist in digestion.

(continued on next page)

SHOPPING LIST

Produce

1 onion

1 stalk celery *yes, you can buy just one stalk if that's all you need - it's sold by weight

2 medium sweet potatoes (about 1½ lb.)

garlic

kale (you could use collards instead, if they look better)

Bulk / Grocery

chicken stock, IF not using homemade

1 can cannellini beans

Meat / Seafood

½-¾ lb. turkey OR pork "sweet Italian" sausage

Dairy

2-4 oz. parmesan cheese for grating

Food for Thought: "Food is not merely something we eat. It is a ceaseless reminder that we are mortal, earthbound, hungry, and in need. We are bound by a biological imperative that forever keeps us returning to the soil, plants, animals, and running waters for replenishment. Eating is life. Each time we eat, the soul continues its earthly journey. With every morsel of food swallowed a voice within says, 'I choose life. I choose to eat, for I yearn for something more.'"

---Marc David, from the book Nourishing Wisdom. New York: Bell Tower © 1991.