

Navy Bean with Sausage



This is a very simple and easy recipe for soup. It is comforting and hearty, and it makes a great one meal dish. I use the pressure cooker to cook the beans, therefore the cooking time was very short. This soup is so simple therefore makes a great weekday dinner.



Ingredients:

1 ½ cup navy bean

1 bay leave

½ tablespoon olive oil

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1 small onion chopped

3 stalks celery

3 medium carrots

2 large Kielbasa smoked sausage

Sal and pepper to taste

Mozzarella cheese



Method:

Wash and soak the navy bean in water overnight. Place the navy bean into the pressure cooker with 3 cups of water, bay leave

and $\frac{1}{2}$ tablespoon olive oil. Cook in high heat until the pressure start, then turn to low and let it cook for 10 minutes.

In the meantime, sautee the onion with $\frac{1}{2}$ tablespoon olive oil, add the sausage, the carrot and then the celery.

Add the sausage to the cooked navy bean, add salt and pepper to taste, cook for another 1~2 minutes.

When serving garnish with grated mozzarella cheese.



I hope you enjoyed this simple recipe



Did you know that beans are rich source of fiber and contain iron, potassium, selenium, acid folic and vitamin B6?

Moreover, Brazil is the top producer of dry bean.

***Thank you for stopping by Simple Recipes and have
a great week!***