

Chefs Classic

Chefs Challenge Recipe
Chef Colby Garrelts, Bluestem, Kansas City

Summer Stew of Artichoke Hearts, Cannellini Beans and Italian Turkey Sausage with Tomato Broth & Parmesan (parsley)

16-ounce can cannellini beans drained, rinsed
14-ounce can artichoke hearts drained & quartered
1 cup water
16 ounces Italian turkey sausage
14.5 ounces stewed tomatoes
8 ounces tomato sauce
2 ounces garlic
1 ounce basil picked with stems reserved
1 large yellow onion
1 ounce picked parsley leaves
1 ounce block parmesan
1 ounce extra virgin olive oil

Peel and dice the yellow onion and reserve half for later use. In a small sauce pan on medium low heat, add a film of olive oil and lightly sweat half of the diced yellow onion. Take one ounce of the garlic and smash it with the back of a knife and rough chop it. Add it to the onion and lightly sweat. Add the crushed tomatoes and tomato sauce. Add the basil stems and simmer for 30 minutes. Season with salt and pepper.

In a medium sauté pan with a film of extra virgin olive oil, add the remaining onion on medium high heat. Add the turkey sausage and brown. Slice the remaining garlic and add to the pan. Next add the artichoke hearts, beans and the water. Bring to a simmer for 5 to 8 minutes. Season with salt and pepper.

To serve, divide the sausage, beans and artichokes between the four bowls. Thinly slice the basil and add it to the tomato broth. Ladle the broth on each of the dishes and garnish with the parsley and grated parmesan.

Serves 4