

Kielbasa and Pasta Stew

November 30th, 2022

This recipe serves: 12

Prep Time: 00:15

Cook Time: 00:30

This Kielbasa and Pasta Stew recipe is hearty and comforting. The flavor from the vegetables and seasoning provides the perfect mix to warm you on a winter night.

Ingredients:

- 1 Pound Kielbasa, sliced into bite-sized pieces
- 3 Poblano Peppers, oven roasted
- 2 Red Bell Pepper, oven roasted
- 2 Roma Tomatoes, oven roasted
- 10 Ounces Sweet Corn, pan roasted
- 1 Stalk Celery, diced
- 2 Tablespoons Olive Oil
- 3 Leeks, sliced into 1/8 inch rounds, white and pale green parts only
- 2 Carrots, peeled and diced
- 3 Cloves Garlic, minced
- 6 Cups Chicken Stock or Vegetable Stock
- 16 Ounces Pasta (Ditalini, Farfelle, Wagon Wheels, etc.)
- 1 Can Red Beans, drained and well rinsed
- 1 Tablespoon Italian Seasoning
- 1 Bay Leaf
- Kosher Salt and Black Pepper, freshly ground

Directions:

Clean and halve the Poblanos and the Red Bell Peppers. Oven roast.

Slice into bite-sized chunks.

In a large stockpot, pan fry the Kielbasa slices until browned. Reserve for later.

Add 1 Teaspoon of Olive Oil. Pan fry the Sweet Corn until golden brown. Remove the Corn from the pan and reserve for later.

Pour the remaining Olive Oil into the pan.

Add the Leeks, Carrots, and Celery to the pan. Stir to combine and fully coat with Oil.

Sauté for 5 minutes, stirring occasionally.

Add the Garlic, and sauté for another minute.

Remove the Vegetable mix and reserve for later.

Pour the Stock into the pan. And bring to a low boil.

Add the Pasta and gently stir.

Reduce heat to medium-low, cover, and simmer for 10 minutes.

Add all the ingredients back into the pot. Mix well.

Continue cooking until the Soup reaches a simmer.

Remove from heat and discard the Bay Leaf.

Add Salt and Black Pepper, to taste.

Serve warm.