



### **White Bean and Sausage Soup**

1 tablespoons olive oil  
¼ pound bulk Italian Sausage  
1 small onion, finely diced  
1 small carrot, finely diced  
1 stalk celery, finely diced  
2 cloves garlic, crushed  
1-½ teaspoons dried thyme  
2 to 3 cups chicken stock  
1 15-ounce can diced tomatoes  
½ cup small white beans  
8 ounces cooked pasta  
Fresh basil  
Grated parmesan cheese  
Sea salt and freshly ground black pepper

- Bring a saute pan to medium heat and add the oil.
- Cook the sausage, breaking up with a spoon, until nicely browned.
- Add the onions, carrots, celery and garlic; cook until nicely browned.
- Add chicken stock, tomatoes and beans; bring to a simmer and cook 15 to 20 minutes.
- Stir in pasta; heat until cooked through. Season with basil, salt and pepper. Serve topped with cheese.

### **Chicken with Sun-dried Tomatoes and Basil**

1 tablespoon olive oil  
2 boneless skinless chicken breasts, cut into medallions  
1 shallot, finely chopped  
1 clove garlic, minced  
1 tomato, diced  
¼ cup chopped sundried tomatoes  
¼ cup white wine  
½ cup chicken stock  
½ cup heavy cream  
Fresh basil  
Sea salt and freshly ground black pepper

- Bring a heavy sauté pan to medium-high heat. Add just enough oil to coat the bottom of the pan.
- Season the chicken with salt and pepper. Cook chicken, turning once, until golden brown. Remove from pan.
- Add remaining oil; cook shallots and garlic until softened.
- Add the tomatoes; cook until tomatoes are tender.
- Add the white wine; simmer until reduced by half.
- Add the stock and heavy cream; bring to a simmer and cook until reduced and flavors combine.
- Season with basil, salt and pepper.



## Crepes

$\frac{3}{4}$  cup all purpose flour  
1 teaspoons salt  
1 cup whole milk  
2 eggs  
2 tablespoons sugar  
1 tablespoon melted butter  
 $\frac{1}{2}$  teaspoon vanilla extract  
Butter, softened

Sliced bananas  
Chocolate sauce  
Whipped cream

- In a mixing bowl, whisk together the flour and salt.
- Whisk in the milk, then the eggs. Stir in the sugar, butter and vanilla.
- Lightly butter a crêpe pan.
- Heat pan over moderately high heat until butter is hot but not smoking.
- Ladle batter into pan, immediately tilting and rotating skillet to coat bottom.
- Cook until crêpe is set and golden around edges.
- Loosen the edges of crêpe; carefully flip crêpe over.
- Cook until underside is set, about 20 seconds more.
- Transfer cooked crêpe to platter and keep warm.
- Repeat to cook remaining crêpes, coating pan with butter each time and stacking crêpes on platter.
- Fill crepes with bananas. Serve topped with chocolate sauce and whipped cream.