



Tomato and Sausage Bean Stew

Prep: 10 minutes | Cook: 35 minutes | Total: 45 minutes

Yield: 4 servings | Serving Size: 1⅓ cups

Ingredients

- 6 ounces (2 links) Italian chicken sausage, sliced
- 1 medium onion, diced
- 1 (28-ounce) can no-salt-added crushed tomatoes
- 4 cloves garlic, minced (about 2 teaspoons)
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- 1 teaspoon ground black pepper
- Pinch crushed red pepper flakes (optional)
- 1 (15.5-ounce) can great northern beans, drained and rinsed
- 1 (10-ounce) package frozen chopped spinach

Directions

1. Heat a large Dutch oven or stockpot over medium-high heat.
2. Add the sausage and cook until browned, about 3-5 minutes.
3. Add the onion and sauté until soft and tender, about 5-7 minutes.
4. Add the crushed tomatoes, garlic, basil, oregano, black pepper, and crushed red pepper flakes (if using).
5. Increase the heat to high and bring to a boil, scraping the bottom of the pan with a heat-resistant rubber spatula to release the browned bits on the bottom.
6. Reduce the heat to medium-low. Add the beans and frozen spinach.
7. Cook, stirring occasionally, until heated through. If a thicker texture is desired, simmer longer, uncovered, until the sauce has reduced.
8. Serve warm.

Recipe Notes

- Since most chicken sausage comes in a 12- to 16-ounce package, try freezing the rest for making the recipe again.

**Nutrition Facts Per Serving: Calories: 200 | Total Fat: 4 g | Saturated Fat: 1.5 g
Sodium: 310 mg | Total Carbohydrate: 27 g | Dietary Fiber: 8.5 g | Protein: 16.5 g**

Adapted from www.budgetbytes.com | Submitted by Jessica Long MS, RDN, CD
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