



BEAN AND CHICKEN SAUSAGE STEW

Serves 4

Hands on Time: 15 mins

Total Time: 15 mins

INGREDIENTS:

1 T Olive Oil

1 12-oz package of fully cooked chicken ~OR~
About 12 oz of uncooked chicken sausage w/o casing (order over the counter at the meat dept)

2 cloves garlic, thinly sliced

1 19-ounce can cannellini beans, rinsed

1 14.5-ounce can low-sodium chicken broth

1 14.5-ounce can diced tomatoes

1 bunch kale leaves, torn into 2-inch pieces

1 loaf country bread (optional)

DIRECTIONS:

1. Heat the oil in a large saucepan or Dutch oven over medium heat. Add the sausage and cook, stirring once, until browned.
2. Stir in the garlic and cook for 2 minutes more.
3. Add the beans, broth, and tomatoes and their liquid and bring to a boil.
4. Add the kale and $\frac{1}{4}$ teaspoon each salt and pepper. Simmer, stirring occasionally, until wilted, 2 to 3 minutes. Serve with the bread, if using.

NUTRITIONAL INFO:

Calories 309; Calories from Fat 28%; Fat 11 g; Sat Fat 3g; ; Cholesterol 72 mg; Sodium 1,039 mg; Protein 23 g; Carbohydrates 28 g; Fiber 7 g.

Recipe from Real Simple

