

RECIPE



SAUSAGE & WHITE BEAN STEW WITH SPINACH

4 SERVINGS



INGREDIENTS

1 Tablespoon extra-virgin olive oil

1 (14 ounce) kielbasa, sliced (or other smoked sausage or plant-based substitute)

3 medium carrots, cut into medium pieces

2 stalks celery, cut into medium pieces

1 onion, cut into medium pieces

2 cloves garlic, thinly sliced

1 teaspoon salt

¼ teaspoon red pepper flakes

1 teaspoon dried sage

1 teaspoon dried thyme

2 cans of cannellini or navy beans (or other white beans), rinsed and drained

4 cups low-sodium chicken stock or broth

1 Tablespoon apple cider vinegar or white wine vinegar

1 (9 ounce) bag of fresh, baby spinach

1 cup grated parmesan cheese, for serving

INSTRUCTIONS

- 1 Wash hands with soap and water.
- 2 Scrub the carrots, celery, onions and garlic with a clean vegetable brush under running water. Gently rub spinach under cold running water. Dry with a clean towel. Cut the vegetables and set aside.
- 3 Slice the kielbasa on an angle, about ¼-inch thick. Wash hands with soap and water after handling the sausage.
- 4 Wash your cutting board and knife.
- 5 In a large stockpot over medium heat, add the olive oil and kielbasa. Wash cutting board, counters and utensils after handling the sausage. Wash hands with soap and water.
- 6 Brown the kielbasa on both sides, and set aside.
- 7 To the pot, add the carrots, celery and onions and cook until the vegetables begin to soften and the onions are translucent, about 5 to 7 minutes.
- 8 Add the garlic and cook for 1 minute.
- 9 Add the salt, red pepper flakes, sage and thyme, and stir to combine.
- 10 Take ½ can of the white beans and set aside. Add the remainder of the white beans to the pot. With the remaining ½ can of beans, mash them with a fork or potato masher. Then add them to the pot and stir. Mashing the beans helps to thicken the stew.
- 11 Next, add the chicken stock. Raise the heat to high and bring to a boil. Once the stew is boiling, lower the heat to medium-low and add the kielbasa. Allow the mixture to simmer about 10 to 15 minutes to thicken.
- 12 Cook the kielbasa until internal temperature reaches 160 °F on a food thermometer.
- 13 Add the vinegar and stir. Finally, stir in the spinach. Cook the stew until it reaches 165 °F on a food thermometer before serving.
- 14 Transfer stew to serving bowls and top with grated Parmesan cheese.
- 15 Reheat leftovers to 165 °F on a food thermometer before serving.

RECIPE COURTESY OF HowtoBurnWater.com

This recipe was developed using the Safe Recipe Style Guide at SafeRecipeGuide.org.

Learn more about food safety at StoryOfYourDinner.org.

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