



Hearty Mixed Bean Stew with Sausage

 Gluten Free

READY IN



495 min.

SERVINGS



8

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 medium carrots chopped
- 1 stalk celery chopped
- 10 cups chicken broth organic swanson® (regular, Natural or Certified)
- 4 ounces navy beans dried
- 4 ounces pinto beans dried
- 0.3 teaspoon ground pepper black
- 8 servings parmesan cheese grated
- 0.8 pound pork sausage sweet italian

6 sun-dried tomatoes drained thinly sliced in oil

Equipment

frying pan

slow cooker

Directions

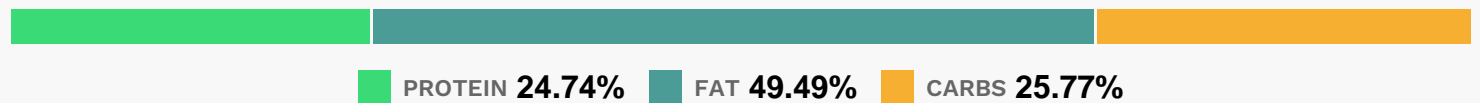
Cook the sausage in a 10-inch skillet over medium-high heat until it's well browned, stirring frequently to separate meat.

Pour off fat.

Stir the sausage, broth, black pepper, carrots, celery and beans in a 5-quart slow cooker. Cover and cook on LOW for 7 to 8 hours.* Stir in the tomatoes. Cover and cook for 1 hour or until the beans are tender.

Sprinkle with the cheese.

Nutrition Facts



Properties

Glycemic Index:22.23, Glycemic Load:3.11, Inflammation Score:-9, Nutrition Score:19.783912959306%

Flavonoids

Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 382.06kcal (19.1%), Fat: 21.05g (32.38%), Saturated Fat: 8.54g (53.35%), Carbohydrates: 24.66g (8.22%), Net Carbohydrates: 18.36g (6.67%), Sugar: 2.92g (3.25%), Cholesterol: 62.59mg (20.86%), Sodium: 1908.2mg (82.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.67g (47.35%), Vitamin A: 2896.66IU (57.93%), Phosphorus: 385.07mg (38.51%), Folate: 133.46µg (33.37%), Calcium: 326mg (32.6%), Manganese: 0.57mg (28.59%), Vitamin B1: 0.41mg (27.54%), Fiber: 6.31g (25.24%), Selenium: 17.29µg (24.71%), Vitamin B2: 0.4mg

(23.67%), Zinc: 3.33mg (22.2%), Potassium: 676.8mg (19.34%), Magnesium: 73.45mg (18.36%), Copper: 0.35mg (17.45%), Vitamin B3: 3.39mg (16.96%), Vitamin B6: 0.31mg (15.72%), Vitamin B12: 0.83µg (13.75%), Iron: 2.43mg (13.51%), Vitamin B5: 0.69mg (6.92%), Vitamin C: 4.54mg (5.5%), Vitamin K: 5.41µg (5.15%), Vitamin D: 0.7µg (4.69%), Vitamin E: 0.5mg (3.32%)