



Hearty Mixed Bean Stew with Sausage

 Gluten Free

READY IN



495 min.

SERVINGS



8

CALORIES



400 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
- 4 ounces kidney bean dry
- 8 servings parmesan cheese grated

- 0.8 pound pork sausage sweet italian
- 6 sun-dried tomatoes drained thinly sliced in oil

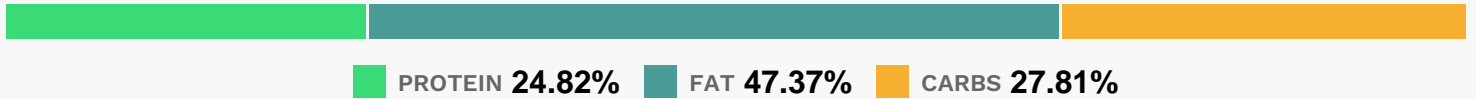
Equipment

- 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:26.14, Glycemic Load:3.8, Inflammation Score:-9, Nutrition Score:21.003043464992%

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: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 400.06kcal (20%), Fat: 21.12g (32.49%), Saturated Fat: 8.55g (53.42%), Carbohydrates: 27.9g (9.3%), Net Carbohydrates: 20.54g (7.47%), Sugar: 2.97g (3.3%), Cholesterol: 62.59mg (20.86%), Sodium: 1908.48mg (82.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.9g (49.81%), Vitamin A: 2896.66IU (57.93%),

Phosphorus: 405.2mg (40.52%), Folate: 151.89µg (37.97%), Calcium: 329.97mg (33%), Manganese: 0.64mg (31.98%), Fiber: 7.36g (29.43%), Vitamin B1: 0.44mg (29.06%), Selenium: 17.46µg (24.95%), Vitamin B2: 0.41mg (24.16%), Zinc: 3.48mg (23.21%), Potassium: 733.93mg (20.97%), Magnesium: 79.83mg (19.96%), Copper: 0.38mg (19.17%), Vitamin B3: 3.47mg (17.37%), Vitamin B6: 0.33mg (16.57%), Iron: 2.85mg (15.82%), Vitamin B12: 0.83µg (13.75%), Vitamin B5: 0.72mg (7.23%), Vitamin K: 6.6µg (6.28%), Vitamin C: 4.71mg (5.7%), Vitamin D: 0.7µg (4.69%), Vitamin E: 0.5mg (3.35%)