



## Navy Bean Stew

 **Gluten Free**  **Dairy Free**

READY IN



140 min.

SERVINGS



10

CALORIES



588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 cups carrots thinly sliced
- 28 ounces chicken broth canned
- 1 pound navy beans dried
- 1 tablespoon parsley fresh minced
- 1.5 teaspoons seasoning italian
- 2 cups onion chopped
- 1.5 pounds ground sausage italian cut into 1/4-inch slices johnsonville®
- 2 quarts water

15 ounces corn whole canned

## Equipment

frying pan

oven

dutch oven

## Directions

Place beans in a Dutch oven; add water to cover by 2 in. Bring to a boil; boil for 2 minutes.

Remove from the heat; cover and let stand for 1 to 4 hours or until beans are softened.

Drain and rinse beans, discarding liquid.

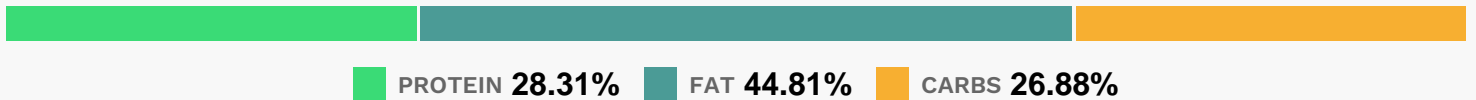
In same pan, bring the water and soaked beans to a boil; boil for 2 minutes. Reduce heat; cover and simmer for 60–70 minutes or until beans are tender.

Drain.

In a Dutch oven, cook the sausage over medium heat until no longer pink; drain.

Add the broth, onion, carrots, corn, parsley, Italian seasoning and beans. Cover and bake at 350° for 30 minutes. Uncover and bake 30 minutes longer or until bubbly.

## Nutrition Facts



## Properties

Glycemic Index:13.88, Glycemic Load:1.4, Inflammation Score:-10, Nutrition Score:27.895652231963%

## Flavonoids

Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg

## Nutrients (% of daily need)

Calories: 588.2kcal (29.41%), Fat: 29.13g (44.81%), Saturated Fat: 9.65g (60.31%), Carbohydrates: 39.31g (13.1%), Net Carbohydrates: 27.02g (9.83%), Sugar: 4.04g (4.49%), Cholesterol: 91.4mg (30.47%), Sodium: 975.84mg (42.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.4g (82.81%), Vitamin A: 3387.49IU (67.75%), Selenium: 36.66µg (52.37%), Vitamin B1: 0.77mg (51.51%), Fiber: 12.29g (49.16%), Folate: 195.52µg (48.88%), Phosphorus: 436.79mg (43.68%), Manganese: 0.79mg (39.54%), Zinc: 5.11mg (34.06%), Vitamin B6: 0.62mg (30.87%), Magnesium: 117.07mg (29.27%), Vitamin B3: 5.69mg (28.43%), Potassium: 994.58mg (28.42%), Copper: 0.54mg (26.97%), Iron: 4.68mg (25.99%), Vitamin B12: 1.41µg (23.55%), Vitamin B2: 0.3mg (17.42%), Vitamin K: 14.05µg (13.38%), Calcium: 115.61mg (11.56%), Vitamin B5: 0.78mg (7.81%), Vitamin C: 6.12mg (7.42%), Vitamin E: 0.45mg (3.03%)