



Sausage and Bean Slow Cooker Dinner

 Gluten Free  Dairy Free

READY IN



270 min.

SERVINGS



6

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups beef stock
- 14 ounce garbanzo beans drained and rinsed canned
- 14 ounce kidney beans rinsed drained canned
- 14.5 ounce canned tomatoes canned
- 4 carrots cut in chunks
- 1 onion chopped
- 1 pound pork sausage links
- 2 tablespoons tomato purée

1 tablespoon vegetable oil

Equipment

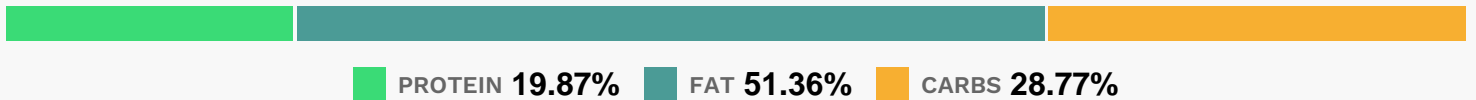
frying pan

slow cooker

Directions

- Heat oil in a large skillet over medium heat. Cook the sausage until well browned, 5 to 7 minutes.
- Stir in the onion; cook and stir until lightly browned, 5 to 7 minutes more.
- Remove the sausages, and cut them into 1 1/2-inch to 2-inch pieces.
- Pour the beef stock, tomatoes, tomato puree, and hot sauce into the skillet with the onion and bring the mixture to a simmer, scraping up any brown bits from the bottom.
- Place the carrots into a slow cooker, followed by the garbanzo beans and kidney beans.
- Arrange the sausage pieces on top.
- Pour the sauce from the skillet into the slow cooker.
- Cook on Low for 4 to 6 hours.

Nutrition Facts



Properties

Glycemic Index:38.69, Glycemic Load:8.78, Inflammation Score:-10, Nutrition Score:23.155652170596%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg

Nutrients (% of daily need)

Calories: 417.41kcal (20.87%), Fat: 24.22g (37.27%), Saturated Fat: 7.25g (45.31%), Carbohydrates: 30.53g (10.18%), Net Carbohydrates: 21.27g (7.73%), Sugar: 7.52g (8.36%), Cholesterol: 54.43mg (18.14%), Sodium: 1073.56mg

(46.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.09g (42.18%), Vitamin A: 7035.26IU (140.71%), Manganese: 0.95mg (47.68%), Vitamin B6: 0.82mg (40.89%), Fiber: 9.27g (37.08%), Vitamin B3: 5.83mg (29.14%), Phosphorus: 287.3mg (28.73%), Vitamin B1: 0.41mg (27.13%), Potassium: 946.78mg (27.05%), Copper: 0.44mg (22.22%), Iron: 3.79mg (21.05%), Zinc: 2.94mg (19.61%), Magnesium: 74.13mg (18.53%), Vitamin B2: 0.27mg (15.85%), Vitamin K: 16.5µg (15.71%), Vitamin C: 11.75mg (14.24%), Folate: 56.4µg (14.1%), Vitamin B5: 1.14mg (11.39%), Vitamin B12: 0.64µg (10.71%), Vitamin E: 1.58mg (10.55%), Calcium: 95.83mg (9.58%), Vitamin D: 0.98µg (6.55%), Selenium: 3.35µg (4.79%)