



Sausage-and-Chicken Cassoulet

 Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



662 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15.8 ounce cannellini beans rinsed drained canned
- ☐ 14.5 ounce canned tomatoes diced with onion and garlic, drained canned
- ☐ 1 pound chicken breast strips uncooked chopped
- ☐ 14 ounce chicken broth canned
- ☐ 6 ounce buttermilk cornbread mix
- ☐ 1.5 teaspoons thyme leaves dried
- ☐ 16 ounce sausage smoked sliced
- ☐ 0.7 cup water

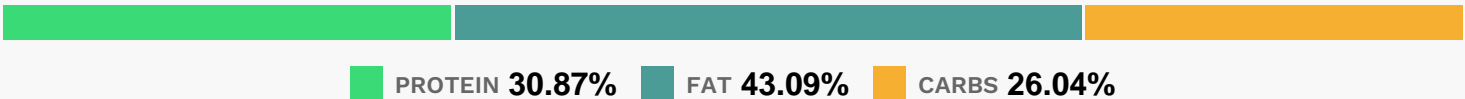
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven

Directions

- ☐ Cook sausage in a 2 1/4- to 3-quart ovenproof skillet over medium heat 8 minutes or until browned.
- ☐ Remove sausage from skillet, and drain on paper towels, reserving drippings in skillet. Set sausage aside.
- ☐ Cook chicken in hot drippings in skillet over medium-high heat 5 minutes or until brown.
- ☐ Return sausage to skillet with chicken. Stir in beans and next 3 ingredients. Bring to a boil.
- ☐ Stir together cornbread mix and 2/3 cup water.
- ☐ Pour evenly over hot sausage mixture in skillet.
- ☐ Bake at 400 for 30 to 35 minutes or until golden.
- ☐ Let stand 10 minutes before serving.
- ☐ Note: For testing purposes only, we used Martha White Buttermilk Cornbread Mix. We also used a Le Creuset 2 1/4-quart (8 1/2-inch-diameter x 3-inch-deep) Saucier Pan at one testing and a hand-me-down 3-quart (10-inch-diameter x 3-inch-deep) cast-iron skillet at another testing. Both skillets worked fine.

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:1.4, Inflammation Score:-7, Nutrition Score:27.585216978322%

Nutrients (% of daily need)

Calories: 662.33kcal (33.12%), Fat: 31.36g (48.24%), Saturated Fat: 9.88g (61.73%), Carbohydrates: 42.64g (14.21%), Net Carbohydrates: 35.75g (13%), Sugar: 8.79g (9.76%), Cholesterol: 135.7mg (45.23%), Sodium: 1374.1mg (59.74%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.54g (101.09%), Selenium: 51.34µg (73.34%), Vitamin B3: 14.05mg (70.27%), Phosphorus: 603.44mg (60.34%), Vitamin B6: 1.04mg (52%), Vitamin B1: 0.53mg (35.03%), Vitamin B12: 1.98µg (33%), Zinc: 4.54mg (30.25%), Potassium: 1020.65mg (29.16%), Manganese: 0.58mg (28.91%), Iron: 4.98mg (27.64%), Fiber: 6.89g (27.58%), Folate: 103.8µg (25.95%), Vitamin B2: 0.43mg (25.22%), Magnesium: 100.69mg (25.17%), Vitamin B5: 1.94mg (19.44%), Copper: 0.37mg (18.71%), Vitamin K: 11.01µg (10.48%), Calcium: 102.87mg (10.29%), Vitamin C: 8.33mg (10.1%), Vitamin E: 1.28mg (8.51%), Vitamin A: 329.16IU (6.58%), Vitamin D: 0.97µg (6.49%)