



Sausage, Bean and Pasta Stew

 Dairy Free

READY IN



490 min.

SERVINGS



8

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons balsamic vinegar
- 14.5 ounce canned tomatoes diced canned
- 2 carrots finely chopped
- 8 servings top for serving
- 0.5 cup ditalini pasta
- 2 tablespoons flat-leaf parsley fresh chopped
- 6 sprigs thyme leaves fresh with a piece of kitchen twine
- 4 cloves garlic finely chopped

- 1 pound mild sausage links to package directions and coin sweet italian hot (4 to 6 links)
- 8 servings kosher salt and pepper black freshly ground
- 3 cups chicken broth low-sodium
- 1 onion cut into 1/2-inch pieces
- 4 ounce parmesan rind grated chunk for serving
- 8 ounces beans dried white such as cannellini, rinsed and picked over

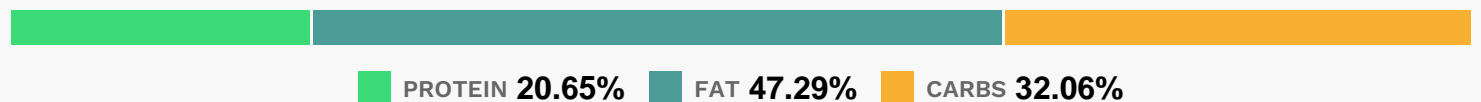
Equipment

- slow cooker
- cutting board

Directions

- Spread the onions over the bottom of a 5 1/2- to 6-quart slow cooker and top with the carrots, garlic, white beans, thyme bundle and sausage links.
- Mix the diced tomatoes with the broth and 3 cups water and pour over the sausages.
- Add the Parmesan rind if using.
- Cook on high for 4 to 5 hours or on low for 7 to 8 hours; the beans will be tender and begin to fall apart.
- Uncover the slow cooker, remove and discard the thyme bundle and Parmesan rind and transfer the sausage links to a cutting board. Stir the pasta into the stew and continue to cook, covered, until the pasta is cooked through, about 20 minutes.
- Turn off the heat.
- Cut the sausages into bite-size pieces and stir into the stew along with the parsley and vinegar. Season with salt and pepper.
- Serve with grated Parmesan on the side for sprinkling on top and crusty bread for soaking up the broth.

Nutrition Facts



Properties

Glycemic Index:46.42, Glycemic Load:1.57, Inflammation Score:-10, Nutrition Score:20.674347824377%

Flavonoids

Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 410.7kcal (20.53%), Fat: 21.64g (33.28%), Saturated Fat: 7.75g (48.44%), Carbohydrates: 33.01g (11%), Net Carbohydrates: 27.09g (9.85%), Sugar: 3.74g (4.16%), Cholesterol: 53.16mg (17.72%), Sodium: 553.1mg (24.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.26g (42.51%), Vitamin A: 2874.03IU (57.48%), Selenium: 27.04µg (38.63%), Manganese: 0.74mg (36.92%), Vitamin B1: 0.49mg (32.62%), Folate: 126.07µg (31.52%), Iron: 4.85mg (26.97%), Potassium: 879.02mg (25.11%), Phosphorus: 249.08mg (24.91%), Fiber: 5.92g (23.67%), Copper: 0.43mg (21.7%), Vitamin B3: 4.22mg (21.11%), Zinc: 3mg (19.99%), Vitamin B6: 0.39mg (19.54%), Vitamin K: 20.52µg (19.54%), Magnesium: 76.58mg (19.15%), Vitamin B12: 0.91µg (15.13%), Vitamin B2: 0.21mg (12.57%), Calcium: 118.58mg (11.86%), Vitamin C: 6.97mg (8.45%), Vitamin B5: 0.69mg (6.92%), Vitamin E: 0.24mg (1.63%)