



Shortcut Cassoulet

READY IN



45 min.

SERVINGS



8

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 31.6 ounce cannellini beans divided drained canned
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 0.5 cup carrots thinly sliced
- ☐ 0.5 cup celery sliced
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 0.5 teaspoon penzey's southwest seasoning dried italian
- ☐ 1.5 cups onion chopped

- ☐ 1 tablespoon parmesan cheese grated
- ☐ 2 tablespoons tomato paste
- ☐ 2 cups turkey cooked coarsely chopped
- ☐ 9 ounce turkey and duck sausages smoked cut into 1/2-inch slices (such as Gerhard's)
- ☐ 1 teaspoon vegetable oil
- ☐ 1 ounce bread white

Equipment

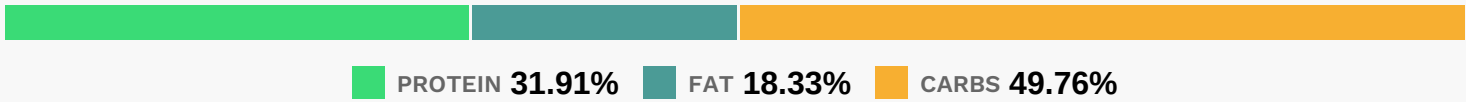
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 32
- ☐ Place bread in a food processor; pulse 5 times or until coarse crumbs form to measure 1/2 cup. Arrange breadcrumbs on a jelly-roll pan; bake at 325 for 8 minutes or until golden. Set aside.
- ☐ Heat the oil in a large saucepan over medium heat until hot.
- ☐ Add sausages, and cook 3 minutes or until browned.
- ☐ Remove from pan; keep warm.
- ☐ Add onion, celery, and carrot to pan; saute 5 minutes. Return sausages to pan; stir in broth and next 5 ingredients (broth through tomatoes); bring to a boil. Reduce heat; simmer 30 minutes.
- ☐ Remove from heat.
- ☐ Mash 1/2 cup beans; stir into sausage mixture. Stir the remaining beans into sausage mixture. Spoon half of bean mixture into a 2 1/2-quart casserole dish; top with turkey and remaining bean mixture.
- ☐ Combine breadcrumbs and cheese; sprinkle over bean mixture.

Bake at 325 for 30 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:37.58, Glycemic Load:3.47, Inflammation Score:-9, Nutrition Score:18.420869827271%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg

Nutrients (% of daily need)

Calories: 266.98kcal (13.35%), Fat: 5.56g (8.56%), Saturated Fat: 1.38g (8.64%), Carbohydrates: 33.97g (11.32%), Net Carbohydrates: 26.34g (9.58%), Sugar: 4.74g (5.26%), Cholesterol: 42.36mg (14.12%), Sodium: 476.61mg (20.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.78g (43.57%), Manganese: 0.67mg (33.65%), Vitamin A: 1585.02IU (31.7%), Fiber: 7.64g (30.54%), Phosphorus: 298.5mg (29.85%), Folate: 115.42µg (28.86%), Vitamin B6: 0.55mg (27.6%), Vitamin B3: 5.1mg (25.51%), Potassium: 825.93mg (23.6%), Magnesium: 88.03mg (22.01%), Iron: 3.52mg (19.57%), Vitamin B1: 0.28mg (18.58%), Copper: 0.36mg (18.2%), Selenium: 12.26µg (17.52%), Zinc: 2.46mg (16.4%), Vitamin B2: 0.25mg (14.98%), Vitamin B12: 0.78µg (13.05%), Vitamin C: 10.71mg (12.99%), Calcium: 116.71mg (11.67%), Vitamin B5: 1.12mg (11.18%), Vitamin K: 9.21µg (8.77%), Vitamin E: 1.04mg (6.93%)