

DINNER

Spicy Merguez with Spinach and White Beans

7 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
570 min	20 min	550 min	6	\$4.71	769 kcal



Need a gluten free and dairy free main course? Spicy Merguez with Spinach and White Beans could be a spectacular recipe to try. One serving contains 769 calories, 41g of protein, and 51g of fat. This recipe serves 6. For \$4.71 per serving, this recipe covers 56% of your daily requirements of vitamin...

Ingredients

- ☐ 1 teaspoon freshly ground black pepper
- ☐ 1/2 pound dried cannellini beans, black-eyed peas, soaked overnight in cold water and drained
- ☐ 2 tablespoons chopped fresh mint leaves
- ☐ 1 tablespoon heaping tablespoon black peppercorns
- ☐ 2 tablespoons chopped fresh cilantro leaves
- ☐ 6 garlic cloves, peeled and finely chopped

☐ 1 teaspoon ground ginger

☐ 6 servings Coarse sea salt or kosher salt

☐ 2 teaspoons freshly grated nutmeg

☐ 2 medium onions peeled and cut into small cubes

☐ 4 pounds spinach, stems removed, washed and dried

☐ 1 tablespoon harissa or 1/4 teaspoon cayenne pepper

☐ 1/4 cup freshly squeezed lemon juice (about 2 lemons)

☐ 1/4 cup extra-virgin olive oil

☐ 2 pounds merguez sausage: 1 long link or individual links

EQUIPMENT Bowl, Frying pan, Paper towels, Oven, Dutch oven

Method

- 1 Watch how to make this recipe.
- 2 Cook's Note: For television, Daniel Boulud substituted dried chick peas for the cannellini peas.
- 3 Center a rack in the oven and preheat the oven to 300 degrees F.
- 4 Heat 1/4 cup of the olive oil in a wide cast-iron pot or Dutch oven over high heat.
- 5 Add the spinach, little by little, and cook, stirring continuously, until all the spinach has wilted and browned slightly and all the liquid has evaporated, 20 to 30 minutes.
- 6 Add the onions, garlic, mint, cilantro, harissa (or cayenne), black pepper, and Four-Spice Powder and cook, stirring, for 5 minutes.
- 7 Pour in 4 cups water and add the cannellini beans (or black-eyed peas). Stir, bring to a simmer, and cover. Braise in the oven for 2 hours, or until the beans are nearly tender.
- 8 Meanwhile, heat the remaining 1 tablespoon olive oil in a medium skillet over medium heat. Sear the merguez on all sides, about 10 minutes.
- 9 Transfer to a plate lined with a paper towel to drain.
- 10 Stir the lemon juice into the beans and place the seared merguez on top. Cover and continue to braise until the beans are tender and the sausage is cooked through, about 30 minutes more. Season with salt to taste.
- 11 This recipe was provided by professional chefs and has been scaled down from a bulk recipe provided by a restaurant. The Food Network Kitchens chefs have not tested this recipe, in the proportions indicated, and therefore, we cannot make any representation as to the results.

- 12 In a spice grinder or clean coffee grinder, finely grind the cloves and black pepper together.
- 13 Transfer to a bowl and combine with the nutmeg and ginger.

Nutrition per serving

769	41 g	51 g	41 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			15.1 g · 94% of daily needs
Fibre			14.2 g · 57% of daily needs
Sugar			4.2 g · 5% of daily needs
Sodium			1,404 mg · 61% of daily needs
Cholesterol			109 mg · 36% of daily needs
Vitamin C			94.8 mg · 115% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/spicy-merguez-with-spinach-and-white-beans-148606