

Quick Cassoulet

Recipe by: Beth Stone Strachan, All Recipe Magazine

I make this with or without the chicken sausage. It is great as a vegetarian dish as well. I'm sure it would also be good with shrimp or fish instead of the sausage. If making this vegetarian, I serve this over quinoa to make it a little heartier.



Prep 15 min

Cook 15 min

Ready in 30 min

Serves 4, 466 calories each

INGREDIENTS:

- 1 Tbsp olive oil
- 2 carrots, diced
- 2 stalks celery, diced
- 1 small yellow onion, diced
- 2 cloves garlic chopped
- ½ lb. chicken sausage, sliced
- 1 (15 oz.) can kidney beans, rinsed and drained
- 1 (15 oz.) can cannellini beans, rinsed and drained
- 1 (14.5 oz.) can diced tomatoes
- 2 bay leaves
- 1 tsp dried thyme
- ½ tsp salt
- ¼ tsp ground black pepper
- 1 Tbsp chopped fresh parsley

INSTRUCTIONS

1. Heat oil in a large skillet over medium-high heat. Add the carrots, celery, onion, and garlic; cook and stir for a few minutes, until the onion is transparent. Add the sausage to the skillet, and cook for a few more minutes to brown.
2. Pour in the kidney beans, cannellini beans and tomatoes, and season with the bay leaves, thyme, salt and pepper. Cover, and reduce the heat to low. Simmer for 10 minutes, stirring occasionally until vegetables are tender.
3. Remove bay leaves and discard. Sprinkle parsley over the top, and serve.