

Sausage and Greens Stew

This hearty recipe is made simply in a slow cooker for easy prep and clean-up, and can be doubled for leftovers or a larger meal!

Makes: 2 Servings

Prep Time: 10 minutes

Cook Time: 8 hours

Source: EatFresh.org

Ingredients

- 1/2 pound Dried Beans
- 1/4 pound Sausage sliced lengthwise and chopped
- 1 Onions small, chopped
- 2 stalks Celery chopped
- 1 teaspoon Dried Thyme
- 4 cups Water low-sodium or Chicken Broth low-sodium
- 1 bunch Kale leaves cut into bite-sized pieces or Collard Greens leaves cut into bite-sized pieces
- 1 1/2 teaspoons Apple Cider Vinegar or Red Wine Vinegar
- Salt to taste
- Black Pepper to taste

Directions

1. Combine the beans, sausage, onion, celery, and thyme in a slow cooker.
2. Add the broth and stir to combine. Cover and cook on low for 7–8 hours or on high for 4–5 hours.
3. 30 minutes before serving, add the greens. Cover and cook on high until the greens are tender.
4. Add the vinegar and salt and pepper to taste.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 2 cups (1/2 of recipe)	
Nutrients	Amount
Calories:	468
Total Fat:	18 g
Saturated Fat:	6 g
Sodium:	600 mg
Total Carbohydrates:	58 g
Dietary Fiber:	19 g
Protein	24 g

Utensils Needed

- Slow-Cooker (Crock pot)
- Sharp Knife
- Measuring Spoons/ Cups
- Cutting Board

SHOPPING LIST

Average total cost of ingredients without oil, vinegar, and seasonings/spices: \$14.31

Average cost/serving: \$7.15

Makes: 2 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Low Sodium Chicken Broth 32 oz



Add 1 to Cart
Celery, 1 bunch



Add 1 to Cart
10 oz Package Sausages



Add 1 to Cart
Fresh Kale, 1 bunch



Add 1 to Cart
Onion (small)



Add 1 to Cart
Dry Beans 16 oz bag

SAVE TIME, SAVE MONEY

Shopping Tips

- Keeping dry beans in the pantry is a very cost-effective way to ensure you always have some on hand for any recipe.

My Cooking Notes