

Chicken and Sausage White Bean Pot

*Our Best Recipes
Meredith Corporation*

Servings: 10

1 pound (2-1/4 cups) dried navy, cannellini, great northern or flageolet beans

6 ounces thick-sliced bacon or pancetta, chopped

12 ounces Andouille sausage

2 pounds bone-in chicken thighs and/or drumsticks

1/2 teaspoon salt

1/2 teaspoon black pepper

2 cups onions, chopped

1 1/2 cups carrots, peeled and chopped

1 1/2 cups celery, chopped

3 cloves garlic, minced

8 cups reduced-sodium chicken broth

3 tablespoons tomato paste

8 sprigs fresh Italian parsley or thyme

2 bay leaves

1/4 cup panko bread crumbs

1 tablespoon butter, melted

fresh Italian parsley (for garnish)

Preparation Time: 1 hour

Rinse the beans. In an eight-quart Dutch oven, combine the beans and eight cups of water. Bring to a boil. Reduce the heat. Simmer, covered, for 2 minutes. Remove from the heat. Let stand for one hour. (Or place the beans and water in a large pot. Cover and soak in the refrigerator for eight hours or overnight.) Drain and rinse.

In a large Dutch oven, cook the bacon over medium heat for 8 minutes or until crisp. Using a slotted spoon, transfer to a large bowl. Add the sausage to the pot. Cook for 6 minutes or until browned, turning occasionally. Transfer to the bowl with the bacon. Sprinkle the chicken all over with salt and pepper. Add to the pot. Cook for 8 minutes over medium-high heat until well-browned all over. Transfer to the bowl with the bacon and sausage. Refrigerate until called for.

Add the onions, carrots and celery to the pot. Cook for 8 minutes. Add the garlic. Cook for 1 minute. Stir in the drained beans, broth, tomato paste, herbs and bay leaves. Bring to a simmer over high heat. Reduce the heat. Simmer, uncovered, for 40 to 45 minutes or until the beans are almost tender, stirring occasionally.

Preheat the oven to 350 degrees.

Cut the sausage into one-inch pieces. Add to the stew with the bacon. Place the chicken on top of the stew, skin exposed. Bake, uncovered, for one hour.

In a small bowl, combine the bread crumbs and butter. Sprinkle on the stew. Bake for 20 minutes until the bread crumbs are crisp. Remove the herbs and bay leaves before serving. Top with chopped parsley.

Start to Finish Time: 4 hours

FOR CANNED BEANS: Skip step one. Rinse and drain four cans of navy, cannellini or great northern beans. In step four, stir the beans into the pot before adding the cooked meats to the stew.

Per Serving (excluding unknown items): 39 Calories; 1g Fat (27.5% calories from fat); 1g Protein; 7g Carbohydrate; 2g Dietary Fiber; 3mg Cholesterol; 181mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	39	Vitamin B6 (mg):	.1mg
% Calories from Fat:	27.5%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	63.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	9.1%	Riboflavin B2 (mg):	trace
Total Fat (g):	1g	Folacin (mcg):	15mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	3mg	% Refuse:	0%
Carbohydrate (g):	7g		
Dietary Fiber (g):	2g		
Protein (g):	1g		
Sodium (mg):	181mg		
Potassium (mg):	216mg		
Calcium (mg):	24mg		
Iron (mg):	trace		
Zinc (mg):	trace		
Vitamin C (mg):	7mg		
Vitamin A (i.u.):	5614IU		
Vitamin A (r.e.):	567 1/2RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 39 **Calories from Fat:** 11

% Daily Values*

Total Fat 1g	2%
Saturated Fat 1g	4%
Cholesterol 3mg	1%
Sodium 181mg	8%
Total Carbohydrates 7g	2%
Dietary Fiber 2g	7%
Protein 1g	
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Vitamin A	112%
Vitamin C	12%
Calcium	2%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.