

# Black Bean and Sausage Stew

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## Servings: 6

1 pound black beans  
1 tablespoon vegetable oil  
1/2 pound sweet Italian sausage,  
casings removed and crumbled  
1 large onion, chopped  
4 cloves garlic, chopped  
4 cups reduced-sodium vegetable broth  
2 cups water  
1 teaspoon chili powder  
1 teaspoon dried oregano  
1 teaspoon cumin  
1 sweet red pepper, cored, seeded and  
chopped  
chopped cilantro (for garnish)  
chopped avocado (for garnish)  
chopped tomato (for garnish)  
chopped sweet red pepper (for garnish)

## Preparation Time: 15 minutes

## Cook Time: 1 hour 10 minutes

Cover the beans with water and soak overnight, or follow the quick-soak method on the packaging.

Heat the oil in a large pot over medium-high heat. Add the sausage and cook for 5 minutes, stirring occasionally.

Add the onion and garlic. Cook for 5 minutes, stirring occasionally.

Stir in the broth, water, soaked beans, chili powder, oregano and cumin. Simmer, covered, for 60 minutes or until the beans are tender. Add the red pepper during the last few minutes of cooking.

Remove about one cup of the mixture to a blender and puree'. Return to the pot.

Garnish each serving with chopped cilantro, avocado, tomato and sweet red pepper, if desired.

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Per Serving (excluding unknown items): 297 Calories; 4g Fat (10.6% calories from fat); 17g Protein; 51g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 12mg Sodium. Exchanges: 3 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Fat.

Soups, Chili and Stews

<b>Calories (kcal):</b>	297	<b>Vitamin B6 (mg):</b>	.3mg
<b>% Calories from Fat:</b>	10.6%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	67.2%	<b>Thiamin B1 (mg):</b>	.7mg
<b>% Calories from Protein:</b>	22.3%	<b>Riboflavin B2 (mg):</b>	.2mg
<b>Total Fat (g):</b>	4g	<b>Folacin (mcg):</b>	345mcg
<b>Saturated Fat (g):</b>	1g	<b>Niacin (mg):</b>	2mg
<b>Monounsaturated Fat (g):</b>	2g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	0mg	<b>% Refuse:</b>	n n%
<b>Carbohydrate (g):</b>	51g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	13g	<b>Grain (Starch):</b>	3
<b>Protein (g):</b>	17g	<b>Lean Meat:</b>	1
<b>Sodium (mg):</b>	12mg	<b>Vegetable:</b>	1/2
<b>Potassium (mg):</b>	1212mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	112mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	4mg	<b>Fat:</b>	1/2
<b>Zinc (mg):</b>	3mg	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	40mg		
<b>Vitamin A (i.u.):</b>	1310IU		
<b>Vitamin A (r.e.):</b>	131 1/2RE		

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

<b>Calories</b>	297	<b>Calories from Fat:</b>	31
<b>% Daily Values*</b>			
<b>Total Fat</b>	4g		6%
Saturated Fat	1g		3%
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	12mg		1%
<b>Total Carbohydrates</b>	51g		17%
Dietary Fiber	13g		50%
<b>Protein</b>	17g		
<b>Vitamin A</b>			26%
<b>Vitamin C</b>			66%
<b>Calcium</b>			11%
<b>Iron</b>			24%

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