

Chicken-Sausage-White Bean Stew

Best Slow Cooker Recipes
Pillsbury Classic Cookbooks #370

Servings: 8

1 pound smoked sausage, sliced
1 1/2 cups chicken broth
1 large (1 cup) onion, chopped
1 tablespoon fresh rosemary leaves, chopped
1/2 teaspoon salt
2 cans (19 ounce ea) cannellini beans, drained and rinsed
1 can (14.5 ounce) organic diced tomatoes with garlic and onion, undrained
2 cups shredded cooked chicken
fresh rosemary sprigs, if desired

Preparation Time: 10 minutes

Spray a five-quart slow cooker with cooking spray.

Spray a twelve-inch skillet with cooking spray; heat over medium-high heat. Add the sausage. Cook about 3 minutes, stirring occasionally, until browned.

Place the sausage into the slow cooker. Add the remaining ingredients except the chicken and rosemary sprigs. Mix well.

Cover and cook on LOW heat setting for seven hours and 30 minutes.

Stir the chicken into the stew. Cover and cook for 30 minutes longer.

Garnish with rosemary sprigs, if desired.

Start to Finish Time: 8 hours 10 minutes

Per Serving (excluding unknown items): 372 Calories; 18g Fat (43.2% calories from fat); 20g Protein; 33g Carbohydrate; 8g Dietary Fiber; 40mg Cholesterol; 821mg Sodium. Exchanges: 2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 3 Fat.

Slow Cooker, Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	372	Vitamin B6 (mg):	.3mg
% Calories from Fat:	43.2%	Vitamin B12 (mcg):	.9mcg
% Calories from Carbohydrates:	34.9%	Thiamin B1 (mg):	.4mg

% Calories from Protein: 21.9%
 Total Fat (g): 18g
 Saturated Fat (g): 6g
 Monounsaturated Fat (g): 8g
 Polyunsaturated Fat (g): 2g
 Cholesterol (mg): 40mg
 Carbohydrate (g): 33g
 Dietary Fiber (g): 8g
 Protein (g): 20g
 Sodium (mg): 821mg
 Potassium (mg): 1075mg
 Calcium (mg): 133mg
 Iron (mg): 6mg
 Zinc (mg): 3mg
 Vitamin C (mg): 12mg
 Vitamin A (i.u.): 6IU
 Vitamin A (r.e.): 1/2RE

Riboflavin B2 (mg): .2mg
 Folic Acid (mcg): 201mcg
 Niacin (mg): 3mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Daily Value

Food Exchanges

Grain (Starch): 2
 Lean Meat: 2
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 3
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 372 Calories from Fat: 160

% Daily Values*

Total Fat 18g 28%
 Saturated Fat 6g 31%
 Cholesterol 40mg 13%
 Sodium 821mg 34%
 Total Carbohydrates 33g 11%
 Dietary Fiber 8g 32%
 Protein 20g

Vitamin A 0%
 Vitamin C 20%
 Calcium 13%
 Iron 35%

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