

Country French Stew

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

Servings: 6

*3 chicken legs (drumsticks)
3 chicken thighs
2 tablespoons margarine
6 Italian sausages, sweet
with natural casings
1 onion, thinly sliced
1 clove garlic, crushed
1 can (16 ounce) tomatoes
1 teaspoon dried thyme
leaves, crushed
1 teaspoon salt
1 bay leaf, crumbled
1 green pepper, thinly sliced
2 cans (20 ounce ea) white
beans, drained
1/4 cup white wine*

In a large skillet over medium heat, melt the margarine. Add the chicken and brown lightly. Remove from the skillet and set aside.

Add the sausage to the skillet with 1/4 cup of water. Cover and cook for 10 minutes. Remove the cover and cook until the sausage is browned on all sides, 20 minutes. Remove the sausage and set aside. Drain all but one tablespoon of fat from the skillet. Add the onion and garlic and saute' until soft.

Return the chicken and sausage to the pan. Add the undrained tomatoes, thyme, salt and bay leaf. Cover and bring to a boil. Reduce the heat. Simmer for 15 to 20 minutes. Add the green pepper, beans and wine. Cover and simmer until the chicken is tender.

Per Serving (excluding unknown items): 381 Calories; 12g Fat (27.5% calories from fat); 24g Protein; 45g Carbohydrate; 1g Dietary Fiber; 39mg Cholesterol; 450mg Sodium. Exchanges: Grain(Starch); 2 Lean Meat; 1 Vegetable; 1 1/2 Fat.