

Skillet Cassoulet

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Simple&Delicious Magazine - December 2011/ January 2012

Servings: 3

Start to Finish Time: 25 minutes

1/4 pound smoked turkey kielbasa, cut into 1/2-inch slices

1/4 pound fully-cooked turkey ham, cubed

2 medium carrots, sliced

1 rib celery, sliced

1/2 medium red onion, sliced

2 cloves garlic, minced

2 teaspoons canola oil

1 can (15 oz) cannellini or white kidney beans, rinsed and drained

1 can (14 1/2 oz) no-salt-added diced tomatoes, drained

3/4 teaspoon dried thyme

1/8 teaspoon pepper

In a large skillet, saute' the kielbasa, ham, carrots, celery, onion and garlic in oil until the sausage is browned and the vegetables are tender.

Stir in the canola oil, beans, tomatoes, thyme and pepper. Bring to a boil. Reduce the heat.

Simmer, uncovered, for 4 to 5 minutes or until heated through.

Per Serving (excluding unknown items): 64 Calories; 3g Fat (42.7% calories from fat); 1g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 30mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 1/2 Fat.