

Two secret ingredients do double-duty in this sausage stew: fire-roasted canned tomatoes boost the flavor and add smoky backbone, while a Parmesan rind-which you can get on its own in many supermarkets-adds a savory, just-slightly-cheesy note and tons of body.

INGREDIENTS

- 1 onion, cut into 1/2-inch pieces
- 2 carrots, finely chopped
- 4 cloves garlic, finely chopped
- 8 ounces dried white beans, such as cannellini, rinsed and picked over
- 6 to 8 sprigs fresh thyme, tied with a piece of kitchen twine
- 1 pound sweet or hot Italian sausage links (4 to 6 links)
- One 14.5-ounce can fire-roasted diced tomatoes
- 3 cups low-sodium chicken broth or stock
- One 4 ounce chunk Parmesan rind, optional, plus grated Parmesan, for serving
- 1/2 cup ditalini pasta
- 2 tablespoons chopped fresh flat-leaf parsley
- 2 teaspoons balsamic vinegar
- Kosher salt and freshly ground black pepper



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Recipe source <https://www.foodnetwork.com/recipes/food-network-kitchen/sausage-bean-and-pasta-stew-3362283>

INSTRUCTIONS

1. Spread the onions over the bottom of a 5 1/2- to 6-quart slow cooker and top with the carrots, garlic, white beans, thyme bundle and sausage links. Mix the diced tomatoes with the broth and 3 cups water and pour over the sausages. Add the Parmesan rind if using.
2. Cook on high for 4 to 5 hours or on low for 7 to 8 hours; the beans will be tender and begin to fall apart.
3. Uncover the slow cooker, remove and discard the thyme bundle and Parmesan rind and transfer the sausage links to a cutting board. Stir the pasta into the stew and continue to cook, covered, until the pasta is cooked through, about 20 minutes.
4. Turn off the heat. Cut the sausages into bite-size pieces and stir into the stew along with the parsley and vinegar. Season with salt and pepper. Serve with grated Parmesan on the side for sprinkling on top and crusty bread for soaking up the broth.

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*
Amount per 327 g		Total Fat 6.9g	11%	Total Carbohydrates 23g	8%
1 serving (11.5 oz)		Saturated 2.6g	13%	Dietary Fiber 3g	12%
Calories 225		Trans Fat 0g		Sugars 5g	
From fat 61		Cholesterol 31mg	10%	Protein 19g	39%
<i>HappyForks.com</i>		Sodium 608mg	25%	Vitamin A 48% • Vitamin C 21%	
		Calcium 18% • Iron 16%		* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.

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