

White Bean and Chicken Sausage Ragout with Tomatoes, Kale & Zucchini

Carolyn T's
Main Cookbook

Servings: 4

Author: Phillis Carey, cookbook author and instructor



Notes: You can substitute any kind of sausages here - even using bulk sausage rather than links.

Description: A kind of stew, sort of, but very filling and tasty

1. Heat oil in a large nonstick skillet over medium heat. Add onion and sausage and cook for 4-5 minutes or until sausage is browned (be sure to BROWN the sausage, as it provides a lot more flavor that way). Add zucchini and garlic; cook for about 2 minutes.

2. Add kale, water and tomatoes and bring to a boil. Cover, lower heat and simmer for 10 minutes, or until thoroughly heated. Stir in beans, raisins and basil, season to taste with salt and pepper, heat through and serve immediately with pine nuts on top. The kale should still be a little bit chewy so do not overcook it.

- 1 tablespoon olive oil
- 1/2 cup onion, chopped
- 8 ounces chicken sausage, links, cut in coins
- 2 cups zucchini, diced
- 3 cloves garlic
- 6 cups kale, chopped (about 1/2 pound), remove stems
- 1/2 cup water
- 32 ounces cannellini beans, rinsed and drained
- 14 1/2 ounces diced tomatoes, including juices
- 2 tablespoons basil, slivered
- Salt and pepper to taste
- 1/4 cup golden raisins
- 1/4 cup pine nuts, toasted, for garnish

Serving Ideas: Can be served with brown rice if desired. You can also add some pine nuts and raisins to this dish if those items appeal to your taste. Serve in a shallow bowl.

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

*Per Serving (excluding unknown items): 1069
Calories; 16g Fat (12.6% calories from fat); 72g
Protein; 171g Carbohydrate; 41g Dietary Fiber; 47mg
Cholesterol; 428mg Sodium. Exchanges: 9
Grain(Starch); 3 1/2 Lean Meat; 3 1/2 Vegetable; 1/2
Fruit; 1 1/2 Fat.*
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