

Dinner Tonight!

No Soak Beans and Smoked Sausage

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| 2 pounds smoked turkey sausage, cut into 1 inch pieces | 2 1/2 cups of water |
| 1 Tablespoon vegetable oil | 1 Tablespoon dried thyme |
| 1/3 cup minced yellow or white onion | 1/4 teaspoon pepper |
| 1 teaspoon minced garlic | 2 (14.5 ounce) cans low sodium chicken broth |
| 2 cups dried navy or great Northern Beans | |

Heat large skillet over medium-high heat adding sausage, oil, onion and garlic. Cook until sausage is brown and onions are tender.

Sort and wash beans. Combine sausage mixture, beans, water, thyme, pepper and chicken broth in a slow cooker. Cover and cook on low for 8 hours or until the beans are tender.

Preparation Time: 10 minutes

Cook Time: 8 hours

Serves: 8

Cost Per Serving: \$0.87

Nutrition facts per serving

Calories: 212

Total Fat: 3 g

Cholesterol: 0 mg

Sodium: 36 mg

Total Carbohydrate: 34 g

Fiber: 13 g

Protein: 14 g

Serve with: Fresh spinach salad