



## Italian Sausage with Canellini Beans

Cook Time: 20 Minutes

Natural Italian chicken sausage simmered with organic greens, tomatoes and canellini beans.

### Ingredients:

Chicken Sausage, Spinach, Tomatoes, Onion, Beans

### Things You May Need:

Large Skillet

Sharp Knife

Cutting Board

Ingredients are subject to  
availability

# Italian Sausage with Canellini Beans

## Ingredients:

Italian sausage link

1/2 onion

canellini beans

bouillon

tomatoes

kale

## Instructions:

1. Heat 1 tablespoon oil in a large skillet over medium-high heat, add the sausage and brown for about 5 minutes, turning occasionally.
2. Meanwhile, slice the onion. Remove the sausage and add the sliced onion. Slice sausage into 3 inch sections on the diagonal and return to pan with the onions, sauté for about 5 minutes longer, until onion is tender.
3. Add the beans, bouillon seasoning, and 1 cup water; cook for about 5 minutes.
4. Quarter the tomatoes and chop the kale. Stir in the tomatoes and kale until just wilted. Season with salt and fresh ground pepper.
5. Serve hot, dividing between bowls. Taste for seasoning and adjust to your taste. Serve with warm bread, if desired. Enjoy!