

White Bean & Field Roast Apple Sage Sausage Cassoulet

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF BEN HOWE

Servings: 2 Serving Size: 8 ounces

Ingredients	Quantity	Measure
Cannellini beans	4	ounces
Field Roast apple sage sausage, 1/2" dice	2	each
Celery, 1/2" dice	1	ounce
Onion, 1/2" dice	2	ounces
Carrot, 1/2" dice	1	ounce
Tomato paste	1	teaspoon
Garlic	1	teaspoon
Canned diced tomatoes	1/2	cup
White wine	1	cup
Vegetable broth	1	cup
Nutritional yeast	1	tablespoon
Panko bread crumbs	1	cup
Olive oil	1	tablespoon
Parsley, chopped	1	teaspoon
Thyme, chopped	1	teaspoon
Garlic, minced	1	teaspoon

Preparation

1. Sauté carrots, celery & onions in olive oil until very tender.
2. Add tomato paste & garlic continuing to sauté until lightly browned and fragrant.
3. Deglaze pan with white wine, add field roast apple sage sausage and simmer to reduce liquid by half.
4. Add tomatoes, nutritional yeast, cannellini beans & vegetable broth.
5. Simmer for 30-45 minutes allowing liquid to evaporate and thicken with starches from the beans.
6. Combine panko with olive oil, parsley, thyme & garlic.
7. Season beans & sausage to taste, spoon into an oven safe display pan. Top with panko and bake for 10-20 minutes until panko is well browned.

Nutrition Information

 *From USDA Nutrient Database

Calories: 509 Total Fat: 17g Saturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Sodium: 1191mg
Carbohydrates: 54g Fiber: 11.7g Sugar: 10g Protein: 35g