



#MakeItGAP

RECIPES

SLOW COOKER CHICKEN SAUSAGE AND WHITE BEAN STEW

YIELD: 4 Servings

INGREDIENTS:

1 (12 oz.) package spinach and feta chicken sausage, *sliced*
3 carrots, *coarsely chopped*
1 medium onion, *chopped*
1/2 tsp. table salt
1/2 tsp. chopped fresh rosemary
1/4 tsp. black pepper
1 (14.5 oz.) can fire-roasted diced tomatoes
2 (15.8 oz.) cans great Northern beans, *drained and rinsed*
1 (5-oz.) bag fresh spinach
4 bacon slices, *cooked and crumbled*

PREPARATION:

Cook sausage in a large skillet over medium-high heat 4 minutes or until browned.

Place carrot and onion in a 4- or 5-qt. slow cooker; sprinkle with salt, rosemary, and pepper. Layer tomatoes and beans over carrot mixture. Top with sausage. Cover and cook on Low 8 hours or until vegetables are tender. Stir in spinach; cook 10 minutes.

Sprinkle with bacon before serving.

Recipe adapted from southernliving.com