

Cannellini Stew with Sausage and Kale and Cheese Toasts

Try this dish with various flavored chicken sausages and other mild cheeses, such as fontina or mozzarella.

Ingredients:

- 2 teaspoons vegetable oil
- 1 teaspoon bottled minced garlic
- 4 (2-ounce) smoked turkey and duck sausages with fennel, cut into ¼-inch-thick slices (such as Gerhard's)
- 1 cup water
- 1 cup fat-free, less-sodium chicken broth
- 2 (19-ounce) cans cannellini beans or other white beans, rinsed and drained
- 4 cups bagged chopped kale
- ½ teaspoon black pepper
- ¼ teaspoon crushed red pepper
- ⅛ teaspoon salt
- 2 tablespoons fresh lemon juice
- 6 tablespoons (1 ½ ounces) shredded provolone cheese
- 6 (1-ounce) slices French bread baguette

Directions:

- Preheat broiler.
- Heat the oil in a large saucepan over medium-high heat. Add minced garlic and sausage; saute 1 minute. Add water, broth, and beans; bring to a boil. Stir in kale, black pepper, red pepper, and salt; bring to a boil. Cover, reduce heat, and simmer 5 minutes or until kale is tender. Remove from heat; stir in lemon juice.
- While soup simmers, sprinkle 1 tablespoon cheese over each bread slice; broil 1 minute or until cheese melts. Serve toasts with soup.

Yield: 6 servings (serving size: 1 cup stew and 1 toast)

Nutritional Information: Calories 349 (26% from fat), Fat 10.2g, Protein 19.3g, Carbohydrate 45.3g, Fiber 8.5g, Cholesterol 39mg, Iron 4.9mg, Sodium 981mg, Calcium 214mg

Recipe Source: Allison Fishman, *Cooking Light*, OCTOBER 2004

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.