

Rustic Italian White Bean Vegetable Stew with Sausage

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/farro-italian-sausage-recipe>

Ingredients:

- 1 cup farro uncooked
- 3 tablespoons extra-virgin olive oil
- 14 ounces italian sausage cut into ¼-inch slices
- 2 pounds Swiss chard stems discarded and leaves cut crosswise into 2-inch strips
- 3 garlic cloves thinly sliced
- 2 tablespoons yellow onion minced
- 1/2 cup red bell pepper ¼-inch dice
- 1/4 teaspoon crushed red pepper flakes
- 1/2 teaspoon dried oregano or 1 teaspoon chopped fresh
- 1 1/2 cups tomatoes canned whole, chopped, reserve sauce
- 16 ounces cannellini beans drained and rinsed
- 1/4 cup fresh basil chopped
- 1/4 cup chopped parsley

Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 69 grams
3. Cholesterol: 75 milligrams
4. Fat: 43 grams
5. Fiber: 12 grams
6. Protein: 33 grams
7. SaturatedFat: 12 grams
8. Sodium: 1230 milligrams
9. Sugar: 5 grams

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