

# Italian Cannellini Bean Stew

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/mustatd-greens-italian-recipe>

## Ingredients:

- 1 carrot
- 1 onion
- 1 celery stalk
- 2 cloves garlic
- 1 lemon
- 6 ounces italian sausage vegan
- 1 can cannellini beans
- 1 teaspoon Herbs de Provence
- 2 tablespoons tomato paste
- 2 packets vegetable broth
- 4 ounces mustard greens
- 2 tablespoons vegan Parmesan
- 1 tablespoon olive oil
- salt
- pepper

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 30 milligrams
4. Fat: 18 grams
5. Fiber: 4 grams
6. Protein: 16 grams
7. SaturatedFat: 5 grams
8. Sodium: 630 milligrams
9. Sugar: 4 grams

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