

# Cassoulet

Yield: 4 min

Total Time: 285 min

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

## Ingredients:

- 2 pounds Great Northern beans dried
- 6 cups vegetable broth
- 2 cups red wine
- 1 onion cut into chunks
- 28 ounces crushed tomatoes canned type
- 6 carrots sliced into 1/2" pieces
- 1 pound Italian sausage partially cooked and sliced
- 2 pounds pork shoulder cut into 1 inch chunks
- 1 pound slab bacon cut into 1/2 inch chunks
- 4 tablespoons parsley 10-12 whole fresh sprigs
- 4 tablespoons thyme 10-12 whole fresh sprigs
- 1 1/2 teaspoons allspice
- 1 teaspoon salt
- 1/2 teaspoon pepper

## Nutrition:

1. Calories: 1750 calories
2. Carbohydrate: 84 grams
3. Cholesterol: 315 milligrams
4. Fat: 102 grams
5. Fiber: 24 grams
6. Protein: 98 grams
7. SaturatedFat: 34 grams
8. Sodium: 4280 milligrams
9. Sugar: 10 grams

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