

Summer Zucchini Stew

Yield: 4 min
Total Time: 75 min

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

Ingredients:

- 1 tablespoon olive oil
- 2 italian sausages sliced
- 1 onion medium, finely diced
- 1 potato large, diced
- 1 green bell pepper, sliced medium
- 2 cloves garlic minced
- 1 zucchini large, diced
- 28 ounces tomatoes with juice roma
- 21 fluid ounces water
- 1 tablespoon fresh basil chopped
- 1 teaspoon dried oregano
- 1 teaspoon fresh parsley chopped
- salt
- pepper
- 15 ounces green beans drained

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 45 milligrams
4. Fat: 21 grams
5. Fiber: 9 grams
6. Protein: 15 grams
7. SaturatedFat: 7 grams
8. Sodium: 920 milligrams
9. Sugar: 11 grams

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