

# Southern Pinto Beans and Sausage

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-canned-pinto-beans-recipe>

## Ingredients:

- 1 pound ground sausage
- 1 medium onion chopped
- 1 green pepper chopped
- 15 ounces canned pinto beans undrained
- 8 ounces tomato sauce

## Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 85 milligrams
4. Fat: 32 grams
5. Fiber: 3 grams
6. Protein: 21 grams
7. SaturatedFat: 11 grams
8. Sodium: 1010 milligrams
9. Sugar: 7 grams

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