



## **White Bean and Turkey Sausage Stew**

**Submitted by *Mary Meyer***

### **INGREDIENTS**

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| 1 Tblsn. Olive Oil                                       | 1 (14.5oz) can low sodium chicken broth  |
| 1 (14oz) package of turkey kielbasa cut into 1/2" slices | 2 (14.5oz) cans white beans drained  |
| 1/3 cup chopped shallots                                 | 1 tsp. Herbs de Provence (or just use dried rosemary, thyme, and basil...chop them together) |
| 4 cloves of minced garlic                                | 1 Bay Leaf   |
| 1 cup carrot (cut into pennies)                          |  |
| 1 (14.5oz) can diced tomatoes undrained                  |  |

### **DIRECTIONS**

Brown sausage slices in oil. Remove from pot and set aside. In drippings, add shallots, garlic and carrots; stir until shallots and garlic are cooked. Add tomatoes with juice and chicken broth. Stir in herbs de Provence, bay leaf and sausage. Cover and simmer about 20 minutes or until carrots are cooked. Stir in beans and simmer additional 15 minutes. Serve with crusty bread!