

Sausage, Apple, and Kale Stew
Makes 5 servings

2 T Canola oil
2.5 c Sweet potatoes, 1/4" dice
6 oz. Turkey sausage, fully cooked
1.5 c Apple, 1/4" dice
1 T Chopped garlic
1 T Paprika
1-15 oz. Great northern beans
1/4 c Cider vinegar
2 c Chicken broth
3 c Water
1/2 c Brown minute rice
6 c Kale, coarsely chopped



Heat oil in a large pot on medium high for 30 seconds. Add sweet potatoes, turkey sausage, apple, garlic, and paprika and heat covered for 5 minutes, stirring every minute. Meanwhile, drain and rinse the beans. Mash rinsed beans into a paste. Uncover the pot and continue to heat for 3 minute stirring every 30 seconds. Add cider vinegar, chicken broth, water, beans, and rice. Bring to a boil. Reduce to a simmer. Using a potato masher, mash the apple and sweet potato, thickening the stew until most apple and potato pieces are mashed. Reduce heat to low, add Kale and continue to heat covered for an additional 3 minutes. Serve.

Nutrition information: 330 calories, 11g fat, 15g protein, 44g carbohydrate, 710mg sodium, 9g dietary fiber. Excellent source of vitamins A and C, and calcium. Good source of iron

