

## Quick Sausage, White Bean and Spinach Stew

By Woman's Day Kitchen

Prep Time: 15 minutes

Total Time: 30 Minutes

Yield: 4 servings

### **INGREDIENTS**

1 tbsp. olive oil

12 oz. fully cooked Italian chicken sausage

4 clove garlic

1/2 c. dry white wine

1 container low-sodium chicken broth

4 oz. ditalini pasta or other soup pasta (about 1 cup)

1 can cannellini or other white beans

black pepper

1 bag spinach

1 oz. Parmesan

### **DIRECTIONS**

1. the oil in a large saucepan over medium heat. Add the sausage and cook, stirring occasionally, until browned, 4 to 5 minutes. Using a slotted spoon, transfer the sausage to a plate.
2. Add the garlic to the pan and cook, stirring, for 1 minute (do not let it brown). Add the wine and simmer, scraping up any brown bits, for 1 minute.
3. Add the broth and pasta and bring to a boil. Reduce heat and simmer until the pasta is just tender, 8 to 10 minutes.
4. 4Add the beans, sausage and 1/4 tsp pepper and cook until heated through, about 2 minutes. Remove from heat and add the spinach, stirring gently until it begins to wilt. Serve with the Parmesan.

### *"Tips & Techniques*

*Pick up packages of cooked proteins like chicken sausage and kielbasa on sale—they keep for up to 3 months! Opt for spinach in a bag with holes that ventilate decay-causing moisture—it'll last up to 2 weeks (bunches only last 3 days)."*