

# Sausage and Bean Ragout

6 Servings

## **Ingredients:**

2 tablespoons olive oil

1 lb ground beef



1 pound hot Italian pork sausage, casing removed

1 large onion, chopped

4 cloves garlic, minced

3 ½ cups chicken broth

¼ cup chopped fresh basil leaves

2 (14.5oz) cans diced tomatoes seasoned with garlic, oregano and basil

1 (16oz) can white kidney beans, rinsed and drained

½ cup uncooked elbow pasta



1 (6oz) package fresh baby spinach leaves, washed

1/3 cup grated Romano cheese

## **Directions:**

1. Heat oil in saucepot over medium-high heat. Add beef, sausage and onion and cook until meats are browned, stirring to separate meat. Add garlic and cook 30 seconds.
2. Add broth, basil, tomatoes and beans. Heat to a boil. Cover and cook over low heat 10 minutes, stirring occasionally. Add pasta and cook until pasta is done.
3. Add spinach and cook just until spinach is wilted, stirring occasionally. Remove from heat and stir in cheese. Serve with additional cheese.

**Per Serving 538 calories, 29g fat, 1320mg sodium, 33g carbs, 6g fiber, 35g protein, 75% DV (daily value) for vitamin A, 32% DV for vitamin C, 21% DV for calcium and 35% DV for iron.**

**TREASURE BOX ITEMS=**



**Recipe from:**  
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