Dinner Tonight!
No Soak Beans and Smoked Sausage

2 pounds smoked turkey sausage, cut into 1 inch pieces
2 1/2 cups of water
1 Tablespoon vegetable oil
1 Tablespoon dried thyme
1/3 cup minced yellow or white onion
1/4 teaspoon pepper
1 teaspoon minced garlic
2 cups dried navy or great Northern Beans
2 (14.5 ounce) cans low sodium chicken broth

Heat large skillet over medium-high heat adding sausage, oil, onion and garlic. Cook until sausage is brown and onions are tender.

Sort and wash beans. Combine sausage mixture, beans, water, thyme, pepper and chicken broth in a slow cooker. Cover and cook on low for 8 hours or until the beans are tender.

Preparation Time: 10 minutes
Cook Time: 8 hours
Serves: 8
Cost Per Serving: $0.87

Nutrition facts per serving
Calories: 212
Total Fat: 3 g
Cholesterol: 0 mg
Sodium: 36 mg
Total Carbohydrate: 34 g
Fiber: 13 g
Protein: 14 g

Serve with: Fresh spinach salad