



## **Italian Chicken Sausage Cassoulet**

Updated hearty rustic one-pot supper that's easy to make

- 1 Tbsp olive oil
- 1-1/4 cups chopped onion
- 3 garlic cloves. minced
- 1 medium apple, peeled, cored. chopped
- 1 teaspoon minced fresh rosemary
- 1 Tablespoon minced fresh sage
- 1/4 cup blush rose wine
- 1 (14 oz.) can Italian diced tomatoes with juice
- 1 (15.5 oz) can cannellini beans with liquid
- 6 ounces frozen Mukimame shelled soybeans (edamame)
- 1-1/2 to 2 cups chicken stock or broth
- 1-1/2 Tablespoons tomato paste
- 1/4 teaspoon ground cloves
- 1/2-pound Italian chicken sausage, cooked

1/2-pound tomatoes, seeded, diced  
1/4 cup chopped fresh parsley  
2 Tablespoons minced chives or green onions  
1 (5 ounce) package cheese & garlic croutons  
2 Tablespoons grated Parmesan cheese

Heat 1 Tablespoon oil in heavy 3-quart oven proof pot' add chopped onion; sauté until begins to soften, about 8 minutes. Stir in garlic, apples, rosemary, and sage. Add wine; bring to a boil, reduce, simmer about 5 minutes. Add tomatoes with juice, beans with liquid, 1-1/2 cups chicken broth, tomato paste and garlic cloves. Cut sausage into 1/2 inch round slices; add sausage slices. Bring to a boil; cover pot; reduce heat to simmer; cook for about 25 minutes; stir occasionally; add more broth if desired.

Meanwhile toss chopped tomatoes, parsley, and chives; set aside.

Before serving; toss tomato mixture with croutons; spoon over hot cassoulet; sprinkle with grated Parmesan cheese. Place under broiler for 1 or 2 minutes to lightly toast top. Remove from broiler; set aside.  
Serves: about 4 large servings

**Cook's Note:** I didn't add salt or pepper since my canned products already contained seasonings. If you use salt free products, season to taste with salt and black pepper. I usually grill and then freeze our cooked chicken sausage as a time saver. While this classic dish takes hours in the oven, I updated the procedure to cook it on the stove top. If you brown this under the broiler, watch it carefully as it will brown quickly. Many cassoulet recipes use a variety of sausages, but we used only Italian seasoned chicken sausage from Fresh Thyme supermarket.

**About the Recipe:** A hearty bean and meat stew that's perfect for those cold autumn days. It combines classic vegetables and seasoning that create a rustic one-pot supper. Add the final crunchy croutons right before serving. The heavy Dutch Oven pot keeps the stew warm for serving.