



Italian Sausage & Bean Stew

10 oz. skinless turkey sausage (Gluten Free), sliced and quartered

2 tsp. canola oil

1 medium yellow onion, diced

3 cloves garlic

2-14.5 oz. cans low sodium cannellini beans, drained

3 russet potatoes, washed, peeled, and diced

4 Roma tomatoes, washed, seeded, and diced

10 oz. spinach, chopped

1 tbsp. Italian seasoning

2 tsp. rosemary

1 tsp. pepper

¼ tsp. salt

4 cups low sodium gluten free chicken stock

For an electric multicooker/pressure cooker:

1. Wash hands. Turn the sauté button on. Sauté oil and onions for 2-3 minutes. Add garlic and sauté for another 30 seconds.
2. Turn sauté function off. Add sausage, beans, potatoes, tomatoes, Italian seasoning, rosemary, salt, pepper, and chicken stock. Secure the lid on the multi-cooker, ensure the pressure release valve is set on sealing. Use the manual or pressure cook button, set for 10 minutes. Allow for natural release for 10 minutes, then quick release.
3. Carefully remove lid. Turn multi-cooker back to sauté, add spinach, and stir until spinach wilts. Turn off. **YIELD: 10-1 cup servings**

Nutrition Facts (per serving): 170 calories, 4 grams fat, 20 milligrams cholesterol, 310 milligrams sodium, 24 grams carbohydrate, 5 grams fiber, 12 grams protein