# Amazing Sausage and Veggie Stew

Preparation Time 30 minutes

Makes 8 servings

## Ingredients

- 15 oz can no added salt black beans, drained and rinsed
- 15 oz can no added salt dice tomatoes
- 1 pound Italian chicken sausage cut into bite sized pieces (any sausage will work)
- 2 tablespoons olive oil
- 3 garlic cloves, finely chopped
- 10 oz box/bag fresh baby kale or spinach or other favorite greens
- 1 small butternut squash, peeled and cubed (4-6 cups)
- 1 tsp cumin
- 1 tsp paprika (regular or smoked both work)
- 1-2 cups water

## Directions

1. In a soup pot, heat the olive oil over medium-low heat and brown the sausage. Add garlic and cook briefly.

2. Add the rest of the ingredients, except for the greens and cook covered on medium heat until the squash is tender

3. Mix in the kale/spinach and cook briefly until wilted and tender

## Nutrition

- 2 Cup Serving
- Calories 307, Carbs 35g (net carbs 26g), Added sugar 0g, Fiber 9g
- Fat 10g, Protein 17g, Sodium 470mg, Potassium 1124mg

**WATCH, TASTE, LEARN Healthy Cooking Class**

**Elizabeth Caruthers, RDN, CDCES Nutrition and Diabetes Program Coordinator**

**469 Migeon Avenue Torrington, CT 06790 10 Center Street Winsted, CT 06098**

**860-489-0931 chwctorr.org**

Community Health & Wellness

Our Family – Taking Care of Yours

## Tips

- Choose low sodium canned beans and tomatoes if you can't find no added salt versions.
- Frozen spinach or kale and cubed fresh or frozen butternut all work in this recipe.
- If you find peeling and cutting winter squash difficult, microwave the squash for 7-8 minutes and allow it to cool first.


## Elizabeth Caruthers, RDN, CDCES

Registered Dietitian-Nutritionist

Certified Diabetes Education Specialist


# Looking for support?

A registered dietitian-nutritionist and diabetes educator can help you build a foundation of better health. Services at Community Health and Wellness are covered by HUSKY, Medicare, private insurance, and financial assistance.

### Nutrition Counseling

- Nutritional assessment and individualized guidance based on your health conditions and laboratory results.

### Diabetes Education Program

- Individual appointments to help you gain the knowledge, skills and confidence to manage your diabetes well.

### Watch, Taste, Learn

- Healthy cooking classes, recipe demonstrations and tastings.
- Use the QR code to see all the Watch Taste Learn recipes and the class schedule on our website!

### Want to learn more?

Contact Elizabeth Caruthers, Nutrition and Diabetes Program Coordinator at 860-489-0931 x1110 or ecaruthers@chwctorr.org.