

 **Prep:** 15 minutes
 **Cook:** 45 minutes
 **Servings:** 4-6

Chicken Cassoulet

INGREDIENTS

1/3 lb link sausage, *sliced thin*
1 cup chicken, *diced*
2 Tbsp olive oil
1/2 cup yellow onion, *diced*
1/4 cup carrots, *sliced thin*
1/3 cup celery, *diced*
2 slices bacon
1 bay leaf
1 Tbsp garlic, *chopped*
1 sprig fresh rosemary
1 tsp spicy mustard
2 cans (~15.5 oz) Cannellini Beans, any variety, *undrained*
8 cherry tomatoes, *sliced in half*
1 cup chicken broth
Black pepper to taste

DIRECTIONS

1. In skillet, brown sausage and chicken about 5 minutes. Set aside.
2. In pot, add olive oil, onion, carrots, celery, bacon, bay leaf, garlic and rosemary; cook for 10 minutes until vegetables are soft, stirring occasionally.
3. Stir in mustard, beans, tomatoes, cooked chicken, sausage, chicken broth and black pepper.
4. Cook over medium heat for 30 minutes until mixture is bubbling. Remove bay leaf and rosemary before serving.

Nutrition Information (per serving, based on 5 servings)

Calories 410	Carbohydrate 28g	Calcium 85mg
Total Fat 20g	Fiber 8.5g	(7% DV)
Saturated Fat 6g	Protein 32g	Iron 3mg (19% DV)

