

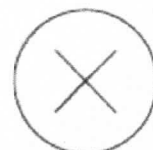
Sausage, Cannellini, and Tomato Ragout



SAVE
RECIPE



RECIPE
INDEX



TAP TO
CLOSE

- 6 ounces bulk hot Italian sausage
- 1 tablespoon olive oil
- 1 cup chopped onion
- 1 tablespoon unsalted tomato paste
- 2 garlic cloves, minced
- $\frac{1}{3}$ cup dry red wine
- $\frac{3}{4}$ cup unsalted chicken stock (such as Swanson)
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- Dash of crushed red pepper
- 1 (14.5-ounce) can unsalted diced tomatoes, undrained
- 1 (15-ounce) can unsalted cannellini beans, rinsed and drained
- 2 teaspoons chopped fresh oregano

1. Heat a large skillet over medium-high heat. Add sausage to pan; cook 2 minutes, stirring to crumble. Remove sausage from pan. Add oil to pan; swirl to coat. Add onion; sauté 3 minutes. Add tomato paste and garlic; cook 1 minute, stirring frequently. Add wine; cook 1 minute, scraping pan to loosen browned bits. Stir in stock and next 5 ingredients (through beans); reduce heat to medium-low, and simmer 8 minutes or until slightly thickened. Stir in cooked sausage and oregano.

ROSEMARY-PARMESAN POLENTA

Bring 3 cups water to a boil in a medium saucepan over medium heat. Gradually add $\frac{3}{4}$ cup instant polenta, stirring constantly. Reduce heat to low, and cook 3 minutes or until thickened, stirring frequently. Remove pan from heat. Stir in 2 tablespoons grated Parmesan cheese, 1 tablespoon plain fat-free yogurt, 1 teaspoon minced fresh rosemary, and $\frac{1}{4}$ teaspoon

SERVES 4 (serving size: about $\frac{2}{3}$ cup)

CALORIES 288; FAT 17.2g (sat 5.3g, mono 8.6g, poly 2.1g); **PROTEIN 11g; CARB 18g;**