



Tuscan White Bean and Chicken Sausage Stew

by **Nick**



White beans, chicken sausage, and vegetables simmered together and finished with rosemary and bright lemon – rustic, cozy, and shockingly clean-tasting.

Prep Time:
15 Mins

Cook Time
30 mins

Serves:
4–6 Servings

Level:
Beginner

Ingredients

- Olive oil
- 1 lb chicken sausage, sliced
- 1 onion, diced
- 3 cloves garlic, minced
- 1 carrot, diced
- 1 celery stalk, diced
- 2 cans white beans, drained
- 4 cups chicken broth
- 1 sprig rosemary
- Zest of 1 lemon
- Juice of ½ lemon
- Salt & pepper

Instructions

Step 1

Brown the sausage in olive oil over medium heat until lightly caramelized.

Step 2

Add the onion, garlic, carrot, and celery. Sauté until softened and fragrant.

Step 3

Stir in the white beans, chicken broth, rosemary, and lemon zest.

Step 4

Bring to a gentle simmer and cook for 20 minutes.

Serving & Finishing

- Finish with lemon juice and season to taste with salt and pepper.
- Remove the rosemary sprig before serving.