



# Italian Sausage and White Bean Stew



**Time:** 30 min.

**Difficulty:** Easy

## Ingredients (4 people or more)

- - Organic chopped tomatoes 750g 2 cups
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  - Chopped fresh parsley leaves ½ cup
  - Chopped green bell peppers 1 cup
  - Chopped yellow onions 1 cup
  - Dried oregano 1 tsp
  - Extra virgin olive oil to taste
  - Ground black pepper 1 tsp
  - Italian sausage (chicken or pork sausage) 12 ounces, casings removed
  - Small white beans 2 14 oz cans
  - Water ½ cup, more if needed

## For this recipe we used:



## Preparation

This **easy and comforting stew with Italian sausage**, beans and Pomi Organic Chopped Tomatoes is the **perfect weeknight dinner**. Just add your favorite crusty bread!

1. In a large skillet or saucepan, heat 2 tbsp extra virgin olive oil until shimmering but not smoking.
2. Add onions and green peppers. Cook for 3 to 4 minutes over medium-high heat, stirring frequently. Then add Italian sausage. Cook until sausage is fully browned (about 5 to 6 minutes more). Be sure to break up the sausage using a wooden spoon and toss regularly until fully cooked through.
3. Add white beans, **Pomi Organic Chopped Tomatoes**, water, oregano, and black pepper. Bring to a boil, then lower heat to medium-low and let simmer for 20 minutes. Stir occasionally, and watch if more water is needed (add only a very little bit at a time).
4. Finally, stir in fresh parsley and remove the Italian sausage and bean stew from heat.
5. Serve with your favorite crusty bread.

**Recipe by Suzy Karadsheh of [TheMediterraneanDish.com](http://TheMediterraneanDish.com)**

*- The Mediterranean Dish*