

White Bean and Sausage Skillet with Spinach



SERVES: 4



TOTAL TIME:
25 minutes



ESTIMATED COST:
\$1.50 per serving

Ingredients

- 2 cans white beans (cannellini or great northern), drained and rinsed
- 2 to 3 chicken or turkey sausage links, sliced into coins
- 1 can diced tomatoes
- 3 cloves garlic, minced
- 1 tsp Italian seasoning
- 2 cups baby spinach
- 1 tbsp olive oil
- Salt and red pepper flakes

Instructions

- 1 Heat the oil in a large skillet over medium-high heat. Brown the sausage slices on both sides, about 3 minutes. Remove and set aside.
- 2 In the same pan, cook the garlic for a minute, then add the tomatoes and Italian seasoning. Simmer for 5 minutes.
- 3 Add the beans and sausage back in, stir, and cook another 5 minutes until everything is warmed through.
- 4 Stir in the spinach at the very end and let it wilt.
- 5 Serve with bread for scooping.

