

One Pan Sausage & Beans

8 ingredients · 30 minutes · 2 servings



Directions

1. Heat the oil in a pan over medium heat. Add the onion and sauté for about five minutes or until soft.
2. Add the sausage and mushrooms and cook for another five minutes, stirring occasionally. Add the tomatoes, stir, and cover the pan with a lid. Simmer for about 10 minutes.
3. Remove the lid and add the beans, dill, salt, and pepper. Cover and cook for another five to seven minutes or until everything is cooked through. Taste and adjust the seasoning to your taste.
4. Top with extra dill and divide evenly between bowls. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately 1 1/2 cups.

More Flavor

Add bell pepper or zucchini.

No Fresh Dill

Use parsley or cilantro instead.

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (small, diced)
- 10 ozs Pork Sausage (Italian, casing removed, crumbled)
- 6 Cremini Mushrooms (sliced)
- 1 cup Diced Tomatoes (from the can, with the juices)
- 1 1/2 cups Lima Beans (cooked)
- 2 tbsps Fresh Dill (finely chopped, plus extra for garnish)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	665	Cholesterol	82mg
Fat	43g	Sodium	1923mg
Carbs	39g	Vitamin A	647IU
Fiber	11g	Vitamin C	14mg
Sugar	6g	Calcium	88mg
Protein	29g	Iron	6mg