***7 Ingredient Italian Bean Stew***

Active Time: 15 minutes

 Total Time: 45 minutes

 Servings: 4

**Ingredients**

Ingredient Checklist

* 8 ounces sweet Italian turkey sausage, removed from casings
* ½ cup chopped onion
* 1 tablespoon olive oil
* 1 (28 ounce) can no-salt-added diced tomatoes
* 1 (15 ounce) can no-salt-added cannellini beans, drained and rinsed
* Freshly ground black pepper
* 3 cups baby spinach (3 ounces)

**Directions**

* 1. In a large saucepan, cook the sausage and onion in hot oil over medium heat until browned, about 6 minutes.
	2. Add the tomatoes, beans and 1 cup water to the pot. Season with pepper. Simmer 15 minutes. Add the spinach and cook until just wilted, about 1 minute.

**Nutrition Facts**

Per Serving:

241 Calories

15.7 g Protein

24.9 g Carbohydrates

7.8 g Dietary Fiber

7.8g Sugar

7.5g Fat

474.4 mg Sodium

\*Courtesy of Diabetic Living Magazine