



Healthy Dad Recipes

SPEEDY SAUSAGE STEW

Yield: 6 servings

Ingredients:

1 lb (450 g)	sausage, cut in ½" slices (spicy sausage is ideal)
1 tbsp	vegetable oil
1	large onion chopped
2	cloves garlic minced
1	green pepper chopped (or red, yellow, orange)
1 can	un-drained diced tomatoes (28 oz/796 ml)
1 can	kidney beans drained and rinsed (19 oz/540 ml)
1 can	chick peas drained and rinsed (19 oz/540 ml)
½ cup	salsa (medium is good)
1 tsp	ground cumin (substitute paprika or chili powder)
1 tsp	dried oregano



- In large skillet, brown sausage in oil over medium heat. Remove sausage from pan.
 - Drain fat from pan leaving enough to brown onion and garlic for about 5 minutes.
 - Return sausage to pan and add the other ingredients.
 - Cover and simmer for 20 minutes.
- Serve with pasta, rice or potatoes.
- Beans can be varied – be creative and use what you have.