

Beans and Collard Greens with Sausage

2 tbsp oil
2 Italian turkey sausage cut into ½ inch coins
1 cup diced onion
1 lrg carrot, diced
1 stalk celery, diced
1 lb collard greens
2 cups white beans rinsed
salt and fresh ground pepper to taste
1 bay leaf
1 quart low sodium chicken stock
¼ cup grated cheese

Heat 1 tbsp oil, brown sausage, remove from pot

Add 1 tbsp oil carrots, onions and celery and cook over medium heat about 8 min.

Add collard greens stirring as they wilt.

Add beans, salt, pepper, stock, bay leaf and additional water as needed.

Simmer at least 15 min.

Add sausage and simmer until heated through.

Serve with grated parmesan.

Serves 4 314 calories