

Braised Kielbasa & Beans



Makes:

12 - 16 servings

Utensil:

Saladmaster Food Processor
9 Qt./8.5 L Braiser Pan with Cover
medium mixing bowl
7" Santoku Knife

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Recipe:

Contributed By:

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Recipe Description:

Smoky and sweet, kielbasa adds a lot of flavor to these braised white beans. Bitter notes of beer and escarole rounded out with a dash of spicy crushed red pepper make this a go-to meal for a large gathering.

4 smoked kielbasa links, sliced into ½ inch pieces
2 large
onions, strung, use Cone #2
8 cloves garlic, shredded, use Cone #1
3 cups
Navy beans, soaked overnight and drained
(624
g)
12 ounces
light lager-style beer
(355
mL)
3 cups
chicken stock
(710
mL)
1 tablespoon
maple syrup
(21
g)
3 tablespoons
brown mustard
(45
g)
1 teaspoon
crushed red pepper
(1

g)
 3 bay leaves
 2 teaspoons
 thyme leaves
 (2
 g)
 1 teaspoon
 natural salt
 (6
 g)
 2 heads
 escarole, washed, chopped into small pieces

Directions:

1. Preheat pan over medium heat. When several drops of water sprinkled on pan skitter and dissipate, approximately 5 - 7 minutes, add kielbasa. Place cover on pan slightly ajar and cook until browned on all sides, approximately 15 minutes.
2. Remove kielbasa from pan and transfer to a bowl, leaving drippings in pan. Set aside.
3. Add onions and garlic to pan and sauté until translucent and softened, approximately 5 minutes.
4. Add beans, beer, stock, maple syrup, brown mustard, crushed red pepper, bay leaves and thyme to pan and cover. When Vapo-Valve™ clicks steadily, reduce heat to low and cook for approximately 1 ½ hours or 90 minutes until beans are soft.
5. Add escarole, stir to combine and add browned kielbasa pieces on top. Cover and cook for 15 - 20 minutes until escarole is softened.
6. Add salt and stir to combine. Taste and add extra seasonings as necessary.
7. Serve escarole and beans with a portion of kielbasa.

Tips:

- Substitute kielbasa sausage and crushed red pepper for spicy chorizo sausage.
- Substitute kielbasa sausage for chicken or turkey sausage.
- This dish stores and freezes well, and tastes even better the day after it is made.
- Spice up this dish by offering hot sauce to add to individual dishes.

Nutritional Information per

▼ Serving

Based on 16 servings

Calories: 227

Total Fat: 6g

Saturated Fat: 2g

Cholesterol: 11mg

Sodium: 479mg

Total 30g

Carbs:

Dietary Fiber: 12g

Sugar: 4g

Protein: 13g