

One-Pot Sausage, Potatoes and Green Beans

Makes 6 Servings

1 ½ pounds red-skinned potatoes, cut into ¾-inch dice
2 tablespoons canola oil, divided
2 cloves garlic, diced, crushed or minced
1 medium yellow or white onion, sliced or diced
1 12-ounce package chicken sausage, sliced lengthwise, and then into ½-inch-thick half moons
1 16-ounce bag frozen petite whole green beans, partially thawed
½ teaspoon kosher salt
Freshly ground black pepper

1. Steam the potatoes until nearly fork tender, about 8 minutes. Remove from heat, uncover, and set aside.
2. Meanwhile, place 1 tablespoon of the oil in a large Dutch oven or nonstick skillet over medium heat. Add the garlic and cook, stirring frequently, until golden, 30 seconds to 1 minute. Add the onion and continue to cook, stirring frequently, until softened, about 7 minutes.
3. Add the sausage and cook until both sides are brown (the time may vary depending on whether it was precooked or not). Pour off any fat. Add the remaining 1 tablespoon oil, and gently stir in the potatoes. Add the green beans on top, cover with a lid, and cook for 5 minutes.
4. Remove the lid, stir the mixture, cover, and cook until the potatoes and green beans are fork tender, about 5 more minutes. Season with the salt and pepper to taste.

Nutrition Information per Serving (about 1 ½ cups): 230 calories, 9g fat (1.5g saturated, 0.4g omega-3), 500mg sodium, 24g carbohydrate, 4g fiber, 13g protein, 45% vitamin C, 10% iron

Recipe from NO WHINE WITH DINNER: 150 Healthy, Kid-Tested Recipes from The Meal Makeover Moms (MP3 Press, 2011) www.MealMakeoverMoms.com