

Vegan Sausage White Bean Skillet

Web Recipe · Breakfast

400 cal · 26g protein · 36g carbs · 16g fat · 4 servings

Ingredients

- 4 vegan sausage links sliced into rounds
- 1 can (15 oz) white cannellini beans drained and rinsed
- 2 cups fresh kale chopped
- 1 medium yellow onion diced
- 3 cloves garlic minced
- 1 cup cherry tomatoes halved
- 1 tbsp olive oil
- 1 tsp Italian seasoning
- 1/2 tsp smoked paprika
- 2 tbsp nutritional yeast
- salt and pepper to taste

Instructions

1. Slice vegan sausage links into rounds.
2. Heat olive oil in a large skillet over medium-high heat. Cook sausage rounds 2-3 minutes per side until browned. Remove and set aside.
3. In the same skillet, sauté diced onion for 3-4 minutes. Add garlic and cook 1 minute more.
4. Add halved cherry tomatoes, Italian seasoning, and smoked paprika. Cook 2-3 minutes until tomatoes start to soften.
5. Add white beans and chopped kale. Cook 3-4 minutes until kale is wilted and beans are heated through.
6. Return sausage to the skillet. Sprinkle with nutritional yeast and season with salt and pepper.
7. Serve hot, optionally with crusty bread.

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