

ITALIAN CHICKEN & TURKEY SAUSAGE with BEANS

Olive oil

Chicken thighs, boneless skinless 4-5

1 lb turkey sausage or 85/15 ground turkey

1 small to medium onion, diced

3 cups Chicken broth

1 15oz can tomato sauce

3 TB minced garlic

1 Tsp black pepper

1 TBS Italian seasonings

15 oz can Cannellini(white kidney) beans, drained

$\frac{3}{4}$ cup Parmesan cheese, shredded or grated

1. Spray crock pot with oil.
2. Brown turkey sausage and onion and garlic, add pepper and Italian seasoning, place in crock pot.
3. Add oil to pan, chicken, sprinkle with pepper, and brown. Flip and repeat. Add to crock pot.
4. Mix together chicken broth and tomato sauce. Pour into skillet and bring to a slight boil, scraping pan periodically. Let boil a minute, then pour over food in crock pot.
5. Set crock: Low for 6 – 7 hours or High for 4 – 5 hours.
6. Fill empty skillet partially with hot water and squirt of soap, return to stove and boil for 5 minutes, scraping bottom of pan, turn stove off and let cool.
7. 30 minutes before it is done stir in Cannellini beans and parmesan cheese.