

Foodnity Recipes

Crockpot Beef Sausage and Green Beans

15 min Prep time	**6 h** Cook time	**6 h 15 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb beef sausage, sliced
- [ ] 1 lb fresh green beans, trimmed
- [ ] 1 medium onion, diced
- [ ] 2 carrots, sliced
- [ ] 3 cloves garlic, minced
- [ ] 2 cups low-sodium chicken broth
- [ ] 2 tbsp tomato paste
- [ ] 1 tbsp brown sugar
- [ ] 1 tsp smoked paprika
- [ ] Salt and pepper to taste

Optional Garnish

- [ ] 2 tbsp fresh parsley, chopped
- [ ] A drizzle of olive oil

Instructions

1. Brown the sliced beef sausage in a skillet for 3-4 minutes until lightly crisp; this adds depth. Transfer to the crockpot.
2. In the same skillet, sauté onion, carrots, and garlic until translucent, then stir in tomato paste and brown sugar.
3. Pour the mixture into the crockpot, add the green beans, broth, smoked paprika, salt, and pepper. Give everything a gentle stir.
4. Cover and cook on low for 6 hours, or on high for 3 hours, until the beans are bright-green and the sausage is tender.
5. Before serving, sprinkle fresh parsley and a drizzle of olive oil for shine.

Nutrition per serving

380 kcal	26 g	22 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a thicker sauce, mash a few cooked beans against the side of the pot and stir.
- Adjust seasoning a few minutes before the end; the broth reduces and flavors concentrate.
- For a smoky twist, add a touch of liquid smoke with the broth.