

Foodnity Recipes

Slowcooker Beef Sausage & Bean Casserole

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
- [ ] 2 cans (15 oz each) cannellini beans, drained and rinsed
- [ ] 1 cup chicken broth
- [ ] 1/2 cup tomato paste
- [ ] 1 onion, finely chopped
- [ ] 2 cloves garlic, minced
- [ ] 1 tbsp smoked paprika
- [ ] 2 tsp dried thyme
- [ ] 1 tbsp red wine vinegar
- [ ] 1 tsp maple syrup
- [ ] Salt and pepper to taste

For Garnish

- [ ] 2 tbsp fresh parsley, chopped
- [ ] Optional: grated sharp cheddar

Instructions

1. Brown the sliced beef sausage in a skillet over medium heat for about 5 minutes, just until lightly charred; this deepens the flavor.
2. Transfer the sausage to the slow cooker, then add the chopped onion, garlic, smoked paprika, thyme, and a pinch of salt.
3. Stir in the tomato paste, chicken broth, red wine vinegar, maple syrup, and beans. Mix gently to coat everything.
4. Cover and cook on low for 6 hours, or on high for 3 hours, until the beans are tender and the sauce has thickened.
5. Just before serving, taste and adjust seasoning, then sprinkle fresh parsley and optional cheddar on top.

Nutrition per serving

420 kcal	28 g	38 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a heartier texture, add diced carrots or celery with the onions.
- If you prefer a spicier kick, stir in a pinch of cayenne pepper.
- The casserole stays warm in the slow cooker for up to an hour after cooking.