



White Bean & Sausage Chili

directions

1. Cook sausage links over medium heat until golden brown. Remove from skillet and set aside to drain.
2. In same skillet over medium heat add the olive oil, bell pepper, onion, and celery. Sauté just until veggies are softened. Toss in garlic and sauté for another 2 minutes.
3. In a large cooking pot set over medium heat add chicken stock, water, and all the beans. Add the cooked bell pepper-onion mixture. Stir to combine.
4. Add one generous tbsp chili powder and 1/2 tsp cumin seeds. Season with black pepper and salt to taste.
5. Cut sausage links into 1 inch bite-size pieces. Add links to cook pot.
6. Turn heat to medium-low and cook chili for 30 minutes to 1 hour. Taste and adjust seasonings.
7. Serve bowls of hot chili sprinkled with shredded cheese and chopped green onions.

notes

This is a very easy-to-make chili for a family night dinner.

A dash of your favorite hot sauce would be a welcome addition.

The sausage & white beans are a perfect pairing for a lighter chili taste.



6 - 8

servings

15 min

prep time

30 - 60 min

cook time

ingredients

8 to 10 Swaggerty's Farm sausage links

1/2 red bell pepper, chopped

1 medium onion, chopped

2 sticks celery, chopped

2 cloves garlic, finely chopped

2 tbsp olive oil

2 cans Great Northern Beans, rinsed & drained

2 cans Cannellini Beans (white kidney beans), rinsed & drained

1 can Garbanzo Beans (chickpeas), rinsed & drained

1 can chicken stock + 1 cup water

1 generous Tbsp chili powder

1/2 tsp cumin seeds

salt & black pepper to taste

For Garnish: Shredded sharp cheddar cheese, chopped green onions

Pairs well with: Cornbread muffins, a baguette

Special Kitchen Tools: N/A