

Real Simple Cassoulet  
via Shauna Niequist with my own spin on things

1 T. olive oil  
1 lb. Italian sausage  
1 1/2 cups chicken broth  
1 onion, thinly sliced  
3 carrots, cut into 1/2 inch dice  
3 parsnips, cut into 1/2 inch dice  
1 tomato, chopped, or one 28-oz. can whole tomatoes, drained and chopped  
3 15-oz. cans cannellini beans, drained  
5 sprigs fresh thyme or 1 t. dried thyme leaves  
1/2 t. salt  
1/8 t. pepper, freshly ground  
3 cloves garlic, minced  
1 cup gluten free bread crumbs (I used panko instead)  
2 T. butter

1. In a large Dutch oven, heat the oil over medium heat. Cook the sausage until well-browned, breaking it up with a wooden spoon. Remove from pan and drain on paper towel. Set aside.

2. In same Dutch oven, add a touch more olive oil, if needed, and add the onion, carrots, and parsnips. Saute vegetables for about 5 minutes or until softened just a bit. Add the garlic just at the end of the saute process.

3. Add chicken stock, tomato, beans, thyme, salt and pepper, and sausage. Bring to a boil. Reduce heat to low, cover, and simmer, stirring occasionally, for about 1 hour until the cassoulet is thickened and vegetables are tender.

4. Heat oven to 400 degrees. In a small bowl, combine bread crumbs, parsley, and butter. Sprinkle evenly over the cassoulet, and place in the oven. Bake, uncovered, until the crust is golden brown, 10-15 minutes.

5. [Shauna's note] To make ahead and freeze, prepare without the bread crumb topping. Cover and freeze up to 4 months. When ready to cook, uncover the cassoulet, sprinkle with bread crumb mixture, and bake, unthawed, 45 minutes to 1 hour at 400 degrees.

Shelly's notes:

\* The recipe turned out pretty thick. I might use 2 cups of chicken broth just to make it a little less thick.

\* I think substituting a little white wine (maybe 1/2 cup to 1 cup?) for some of the chicken stock would give it a nice flavor.