

Cowboy Sausage 'N' Beans

The Kitchen at Johnsonville Sausage
www.Johnsonville.com

Servings: 6

1 small onion, chopped
1 tablespoon canola oil
2 medium potatoes, peeled and cubed
1 can (20 ounce) baked beans
1 cup reduced-sodium chicken broth
1 package (13.5 ounce) Johnsonville
Polish Kielbasa or Smoked Sausage,
sliced
1 cup salsa

Preparation Time: 15 minutes

Cook Time: 25 minutes

In a large saucepan, saute' the onion in oil until tender.

Add the potatoes, beans and broth. Bring to a boil.

Reduce the heat. Cover and simmer for 12 to 14 minutes or until the potatoes are tender.

Stir in the sausage and salsa.

Cook 5 minutes longer or until heated through.

Per Serving (excluding unknown items): 111 Calories; 3g Fat (19.8% calories from fat); 4g Protein; 20g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 358mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Vegetable; 1/2 Fat.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	111	Vitamin B6 (mg):	.2mg
% Calories from Fat:	19.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	68.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	12.2%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	3g	Folacin (mcg):	26mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value*	0 0%

Carbohydrate (g):	20g
Dietary Fiber (g):	4g
Protein (g):	4g
Sodium (mg):	358mg
Potassium (mg):	467mg
Calcium (mg):	41mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	16mg
Vitamin A (i.u.):	332IU
Vitamin A (r.e.):	33RE

Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 111 Calories from Fat: 22

% Daily Values*

Total Fat	3g	4%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	358mg	15%
Total Carbohydrates	20g	7%
Dietary Fiber	4g	15%
Protein	4g	

Vitamin A	7%
Vitamin C	27%
Calcium	4%
Iron	5%

* Percent Daily Values are based on a 2000 calorie diet.