

Pork

Easy Cassoulet

Better Homes and Gardens All-Time favorite Casseroles

Servings: 6

1/2 pound bulk sausage
1 small (1/2 cup) onion, sliced
1 clove garlic, minced
1 1/2 cups fully cooked ham, cubed
2 tablespoons snipped parsley
1 bay leaf
2 cans (15 oz) navy beans, undrained
1/4 cup dry white wine
dash ground cloves

Preheat oven to 325 degrees.

In a skillet, cook sausage, onion and garlic until meat is lightly browned and onion is tender; drain off fat.

Add ham, parsley and bay leaf; mix well. Stir in undrained beans, wine and cloves. Place mixture in a 1 1/2-quart casserole.

Bake, covered, for 45 minutes. Uncover and bake 40 to 45 minutes longer, stirring occasionally.

Remove bay leaf. Serve in bowls with hot corn bread, if desired.

Per Serving (excluding unknown items): 404 Calories; 16g Fat (36.1% calories from fat); 20g Protein; 44g Carbohydrate; 17g Dietary Fiber; 26mg Cholesterol; 263mg Sodium. Exchanges: 3 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat.