

Notes:

- The package sizes in the list of ingredients will vary depending on what you buy. For example, the Koegel 2-stick package of smoked sausage may average 2 lbs, but check the Nutrition Info section of the package. Serving size is listed as 2 oz, but servings per package says "varies". Just use the whole thing, even though it might be twice what this recipe calls for. The stew will turn out great anyhow.
- Try Polish sausage, summer sausage and other types in place of the smoked sausage. And play around with different baked beans, like those with bacon and other interesting ingredients. And replacing the cut green beans, maybe some French style green beans, or garbanzos, or kidney or lima beans ... well, there has to be at least a few different possibilities of flavor combinations you can try. This is something simple enough to be a lot of fun to experiment with.

Bean Stew



No one's quite sure where this creation came from or who originated it but it's serious comfort food at its best. It's also extremely flexible. Don't like a certain ingredient or like one of them a bit more than others? Experiment with some of the suggestions in the Notes, or add something that's your own idea. Great for fall or winter meals with a nice big steaming mug of rich hot cocoa, this bean stew is a comforting warm-up. You might even drop off to sleep afterward. It's that soothing.

Ingredients

1 lb bulk raw mild pork sausage
 1 lb pkg smoked sausage with casing
 1 28 oz can baked beans
 2 14.5 oz cans cut green beans
 1 medium onion
 1/3 cup brown sugar
 Extra virgin olive oil

Equipment

1 12" skillet
 1 6 qt pot with lid
 1 colander

Deep Prep (the day before you need it)

Slowly brown the pork sausage in the skillet till it's barely done, then let it drain on some folded paper towel. Chop the onion, and cut the smoked sausage into slices 1/4" thick. Heat the pot over medium heat. When the pot is hot, add a couple tablespoons olive oil and, tilting the pot, spread the oil around. When the oil is hot, dump the sliced smoked sausage and chopped onion into it, spreading them evenly. Stir the sausage and onions occasionally. When the onions are translucent, dump the sausage and onions into the colander so the oils will drain. When most of the oil is gone, dump the sausage and onion, and the browned pork sausage, into the pot. Add the baked beans, stir it all up, and set the burner for medium heat. Drain the cut green beans and add them to the pot, along with the brown sugar. Mix it all together, lower the heat, and let it all simmer at least 30 minutes. After cooling, the stew can be refrigerated right in the covered pot, preferably overnight.

Serving

Slowly reheat the stew on medium heat, stirring occasionally. This is best served in a good-sized bowl with some warm corn biscuits and steaming hot cocoa.