

Busy-Day Sausage & Beans: Your Ultimate Quick & Hearty Dinner

This recipe is a true lifesaver in my kitchen. What makes it so fantastic? It's primarily a



TIME
5-7 min

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INGREDIENTS

- 1 tablespoon olive oil
- 1 pound smoked sausage (such as kielbasa or Andouille), sliced into 1/2-inch thick rounds
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 (14.5-ounce) can diced tomatoes, undrained
- 2 (15-ounce) cans cannellini beans (white kidney beans), rinsed and drained
- 1/2 cup chicken broth
- 1 teaspoon dried thyme
- 1/2 teaspoon smoked paprika
- Pinch of red pepper flakes (optional, for heat)
- Salt and freshly ground black pepper to taste
- Fresh parsley or chives, chopped, for garnish (optional)

DIRECTIONS

- 1. Brown the Sausage:** In a large skillet or Dutch oven (one that has a lid), heat the olive oil over medium-high heat. Add the sliced sausage and cook for 5-7 minutes, stirring occasionally, until it's nicely browned and slightly crispy. Remove the sausage from the skillet and set aside.
- 2. Sauté Aromatics:** Add the chopped onion to the same skillet, reducing the heat to medium if needed. Cook until softened, about 5-7 minutes. Stir in the minced garlic and red pepper flakes (if using) and cook for another minute until fragrant.
- 3. Combine Ingredients:** Return the browned sausage to the skillet. Stir in the diced tomatoes (undrained), rinsed and drained cannellini beans, chicken broth, dried thyme, and smoked paprika. Stir everything well to combine.
- 4. Simmer:** Bring the mixture to a gentle simmer. Reduce the heat to low, cover the skillet, and let it simmer for 10-15 minutes, allowing the flavors to meld and the sauce to thicken slightly.
- 5. Season & Serve:** Remove the lid, taste, and adjust seasonings with salt and freshly ground black pepper as needed. If desired, garnish with fresh chopped parsley or chives. Serve hot.

SWAPS & NOTES

Sausage: Kielbasa or Andouille sausage are excellent choices for their smoky flavor.

You can also use other pre-cooked sausages like chicken

sausage or even a flavorful plant-based sausage.

Beans: Cannellini beans are creamy and absorb flavors beautifully.

Great Northern beans, navy beans, or even kidney beans would be

good substitutes.

TIPS FOR SUCCESS

Brown the Sausage Well: Don't rush this step!

Getting a good sear on the sausage adds a crucial layer of flavor to the entire dish.

Rinse Your Beans: Rinsing canned beans removes excess sodium and starch, leading to better flavor and texture.

Simmer Time: Allow the dish to simmer long enough for the flavors to truly come together.

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