

# GREAT NORTHERN BEANS AND SAUSAGE

During stage two of your post-op bariatric diet, you may want to add some hot and spicy dish to your meals. This savory soft food recipe will serve your purpose.

## INGREDIENTS

- Small, diced pieces of smoked pork sausage – 8 oz
- 2 small and seeded tomatoes – diced
- 1 yellow onion – coarsely chopped
- 2 minced garlic cloves
- Great Northern dry beans – 1 lb.
- 1 ½ teaspoon Cajun spice blend
- ½ tablespoon ground salt
- 1 diced jalapeno pepper
- 1 ½ teaspoon smoked paprika
- 2 c. water
- c. chicken broth

**SERVING: 5 TO 6 CUPS**  
**PREP TIME: 12 MINUTES**  
**(COOK TIME: 6 TO 8 HOURS)**

## DIRECTIONS

1. Set your non-stick cookware to medium heat and let it get hot.
2. Cook sausage pieces in it until they are brown on one end
3. Add tomato and onions and cook additionally for two minutes
4. Add garlic cloves and cook for another minute
5. Place the contents into a crockpot and add beans, broth, water, and spices on top and stir thoroughly
6. Let the beans cook on low heat until the liquid is thick and beans are done (it will take 6 to 8 hours on average)