

Cowboy Beans - GF, CF, SF

Comments: Allow extra time if preparing beans

Ingredients:

1 lb italian sausage meat* (no casing)
2 cans pinto beans (or 1 cup soaked over night)
1 cup stock
salt and pepper to taste
a lot of fresh basil, torn
2 TBS sunflower oil

*best if you can find the kind of sausage that looks like chunks of meat. Make sure you check that the sausage you get is actually gluten free.

Directions:

Heat the oil in a fry pan on med/high heat. Add the sausage and cook it fully.

Drain and rinse the pinto beans. Add them and the stock to the pan. Once heated add salt and pepper. Mash the beans with a wooden spoon to thicken the stock. Add the basil and continue to mash and stir until liquid becomes thick.

You may need to add more stock.

Submitted by: Ashley 07/09