



Cannellini Beans & Sausage

(yield 200 servings)

Ingredients:

- 1 c. sunflower oil **Get locally**
- 10 medium Spanish onions (minced) **Get locally**
- 2 #10 cans diced tomatoes **Get locally**
- 30 lbs. Italian sausage **Get locally**
- 10 cloves minced garlic **Get locally**
- 5 lbs. chopped collard greens **Get locally**
- 40 lbs. canned cannellini beans
- 1 gal. chicken stock
- salt & pepper to taste

Instructions:

Heat Oil. Saute sausage. Once rendered, remove and discard half of the fat. In the remaining fat, add onions, tomatoes, greens, and garlic. Saute until onions are translucent. Add beans; return sausage, add chicken stock and season to taste.

Nutrition:

Per serving: 444 calories; 8 g fat (1 g sat, 2 g mono); 45 mg cholesterol; 66 g carbohydrates; 28 g protein; 14 g fiber; 653 mg sodium; 987 mg potassium.



For information on local sourcing for large volume buyers and Wisconsin producers...



Local Food Cooking Class for Institutions **Local Sources for Cannellini Beans & Sausage**

Onions, Garlic, Diced Tomatoes from Parrfection Produce

David Parr, Owner
304 E Main / Albany, WI 53502
(608) 558-0471, dparr@tds.net
Products: Conventional and organic produce
Delivery: Madison, Debuque, Milwaukee area

Collard Greens from Organic Valley CROPP Cooperative

Annake Witkop, Produce Program Manager
1 Organic Way / La Farge, WI 54639
(608) 625-2666, ext. 7456, annake.witkop@organicvalley.coop
Products: Organic produce
Delivery: Wisconsin

Italian Sausage from Neesvig's

Callie Pederson, Neesvig's Buy Local Specialist
4350 Duraform Lane / PO Box 288
Windsor, WI 53598
(608) 846-1160 ext 134, cpederson@neesvigs.com
Products: Local cheese, milk, ice cream, eggs, grass-fed beef and more
Delivery: Wisconsin

Sunflower Oil from Neesvig's (they distribute Century Sun Oil from Pulaski, WI)

See above listing

Visit www.ifmwi.org for more!