

# Grah

## Ingredients:

- 2 (14.5-oz.) cans of Cannellini (white) beans
- 3 to 4 Tbsp. salad oil
- 2 c. fresh tomatoes, chopped or 1 (14.5-oz.) can diced tomatoes
- 5 shallots, sliced (or sliced onions)
- 2 cloves of garlic, chopped
- Some parsley
- 1 lb. spicy sausage, either smoked or cooked (chorizo will work)



Featured in: FN 1513  
"North Dakota Food and Culture  
A Taste of World Cuisine"  
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## Directions:

- Heat the oil in a pan. Add the chopped vegetables and sauté until tender. Put the beans and vegetables in a large pot. Add the sausage and cook for 20 minutes on low heat or place in a 350 degree F oven for 30 minutes.

*Makes four servings. Per serving: 290 calories, 15 grams (g) fat, 15 g protein, 24 g carbohydrate and 1,060 mg sodium.*

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