

Polish Bean and Sausage Stew

Savannah · 28/09/2024



Prep Time

8 hrs

Difficult

Medium

Servings

9 hrs 25 mins

Description

A hearty and satisfying Polish stew with cannellini beans bacon and kielbasa Served with crusty bread its a meal that sticks to the bones perfect for a cold winters night

Ingredients

- - 2 ½ cups dry cannellini beans - 1 tablespoon vegetable oil - 10 slices bacon
- cubed - ½ (16 oz) ring kielbasa sausage
- cubed - 2 onions
- chopped - 2 bay leaves - 4 whole allspice berries - 1 (14.5 ounce) can chopped tomatoes - dried marjoram
- or to taste - 1 clove garlic
- minced - salt and ground black pepper to taste - 1 tablespoon butter - 1 tablespoon all-purpose flour - 1 teaspoon paprika (Optional)

Instructions

1. Place cannellini beans into a large container and cover with several inches of cool water; let soak 8 hours to overnight. Drain and add to a large pot. Cover with fresh water and cook on low heat until beans are tender
2. 45 minutes to 1 hour. Heat oil in a skillet over medium-high heat while beans are cooking. Add bacon and sausage and cook until browned
3. 5 to 10 minutes. Transfer meats to a bowl
4. reserving some of the grease in the skillet. Cook onions in the reserved grease until browned
5. 5 to 10 minutes. Add to bowl with meats. Stir meat mixture
6. bay leaves
7. and allspice into the cooked beans and bring to a simmer. Add tomatoes
8. marjoram
9. garlic
10. salt
11. and pepper and continue to simmer
12. 10 to 15 minutes. Add water if there is not enough liquid in the pot. Melt butter in a small saucepan over low heat
13. add flour
14. and stir into a paste. Remove from heat and add to stew; stir in paprika powder. Simmer until stew has thickened
15. about 15 minutes.