

# Slow Cooker Yam, Sausage & Spinach Stew

**Servings:** about 10

## **Ingredients:**

- 2 Tbl. *canola oil*
- 12 oz. (1 package) *Trader Joe's Italian Sausage-less Sausage* cut crosswise into 1/4-inch-thick slices
- 2 medium *onions*, chopped
- 1 Tbl. minced *garlic*
- 2 pounds *yams*, peeled, cut into 1/2-inch cubes
- 1 pound *new potatoes*, cut into small pieces
- 6 cups *low-salt vegetable broth*
- 9 oz. *fresh spinach*

## **Directions:**

1. Add everything except spinach to your slow cooker. Cook on high for 5-6 hours, or low 7 to 8-hours.
2. Stir in spinach; wait five minutes.
3. Turn off and serve.

## **Nutrition:** (Serving size: 1½ cups)

*calories:* 190     *protein:* 8.5g     *total carbohydrate:* 24.5g     *total fat:* 6.8g  
*sugars:* 7.1g     *sodium:* 283mg     *dietary fiber:* 4.16g     *saturated fat:* 1.2g