

Smith Meadows Fresh Kielbasa Cassoulet

INGREDIENTS:

1 pint of Smith Meadows Tomato Carrot Cream
2 cups beef or chicken broth
2 tbsp olive oil
2 tbsp ghee (clarified butter)
1/4 large onion
2 celery stalks
2 cloves garlic (sliced across the base into several pieces)
2 cups white wine
3 bay leaves
2 packs of Smith Meadows Fresh Kielbasa (parboiled and cut into bite size pieces)
3/4 cup black beans
3/4 cup white beans
1 cup bulgar wheat
2 cups water

PREPARATION:

QUICK SOAK beans in pressure cooker, or soak overnight in water. Remove soaked beans and rinse well. Quickly and coarsely chop onion & celery with the pulse button on your food processor. Heat oil & ghee in pressure cooker. Add the celery, onion and garlic. Cook until onions are translucent. Add sauce, wine, bay leaves, and par boiled sausage. Bring your pressure cooker up to boil, seal pressure cooker, and begin to heat water for bulgar. Cook cassoulet under pressure for 10 minutes. Soak bulgar in water brought to a boil, but turned off, for thirty minutes. Serve cassoulet over the prepared bulgar wheat.