

# ITALIAN SAUSAGE & PUMPKIN WINTER STEW

## WITH PARMESAN TOAST

2 lbs. ground Italian sausage, cooked and strained  
1 (14 oz.) package smoked sausage chopped into rounds  
1 (16oz.) can pureed pumpkin  
1 (14.5 oz.) can diced tomatoes  
1 (6oz) can tomato paste  
4 cups beef broth  
2 sweet onions, chopped, sautéed  
5 cloves garlic, chopped  
½ Tbsp. ground cumin  
2 tsp. salt  
2 tsp. dried celery seed  
1 tsp. dried Thyme  
1 tsp. dried Rosemary  
1 tsp. dried chili flakes  
Pepper to taste

### Parmesan Toast

French bread  
Olive oil  
Grated parmesan cheese

### Instructions:

Pre-cook sausage and onion, add to all other ingredients in a 5-quart crock pot and set on low for 6 hours. Serve and enjoy.

### For the parmesan toast:

Slice French bread and dip in olive oil. Toast under the broiler until golden brown, then remove from oven. Turn over the toast, and sprinkle with grated parmesan cheese, then return to broiler until golden brown. Serve with stew.