

Italian Sausage Soup

Servings: 6

"This soup is easy to put together, and the flavor of the spicy sausage is balanced nicely by Great Northern beans, zucchini, fresh spinach, and carrots. Makes a delicious winter supper."

INGREDIENTS:

2 pounds turkey Italian sausage
1 clove garlic, minced
6 cups beef broth
1 (14.5 ounce) can Italian-style stewed tomatoes
1 cup sliced carrots
1 (14.5 ounce) can great Northern or navy beans, drained & rinsed
2 medium zucchini, cubed
1 package frozen spinach, thawed & drained
1/2 teaspoon ground black pepper
1/2 teaspoon salt
Parmesan cheese for garnish



DIRECTIONS:

1. In a stockpot or Dutch oven, brown sausage with garlic. Stir in broth, tomatoes and carrots, and season with salt and pepper. Reduce heat, cover, and simmer 15 minutes.
2. Stir in beans and zucchini. Cover, and simmer another 15 minutes, or until zucchini is tender.
3. Remove from heat, and add spinach. Replace lid allowing the heat from the soup to cook the spinach leaves. Soup is ready to serve after 5 minutes. Sprinkle with grated or shredded Parmesan & enjoy!

Nutritional Information

Servings: 8

Per Serving:

Calories	350
Total Carbohydrates	22g
Dietary Fiber	5g
Protein	28g