

Italian Sausage Soup (Author: LeighAnne Wilkes)

Serves 5

Calories: 436

Ingredients

2 pounds mild turkey or chicken Italian sausages
3 carrots peeled and chopped
1 onion peeled and chopped
4 cloves garlic peeled and chopped
4 cups chicken broth
2 cans (14.5 ounce) diced tomato
2 cans (15 ounces) cannellini beans, rinsed and drained
1 ½ Tablespoons dried basil
1 cup dried small shell-shaped pasta
6 ounces spinach, slightly chopped
Salt and pepper

Directions

- Brown sausage in pan, drain fat
- Add in carrots, onion, and garlic. Stir until onions are limp.
- Add broth, tomatoes with juice, beans and basil
- Bring to a boil, add pasta (or skip if you are making this gluten free), and reduce heat to a simmer. Cook pasta until tender.
- Salt and pepper to taste.
- Add spinach just a few minutes before serving and allow it to wilt slightly.