

Tomato and Sausage Soup



- 8 ounces sweet or spicy Italian turkey sausage links
- 1/2 cup diced yellow onion
- 1 clove garlic, minced
- 2 cups fat-free reduced sodium chicken broth
- 2 cups canned diced tomatoes, undrained
- 1 cup canned white beans, rinsed and drained
- 2 tablespoons chopped fresh basil or 1-1/2 teaspoons dried basil
- 2 tablespoons chopped fresh oregano or 1-1/2 teaspoons dried oregano
- 10 ounces frozen chopped spinach, thawed and drained
- 2 tablespoons grated Parmesan cheese
- 2 tablespoons chopped basil, optional

1. Remove casings from sausage. Add sausage to large saucepan and heat over medium heat. Stir sausage until browned, breaking up with a spoon as it cooks. Drain fat.
2. Add onion and garlic to pan with sausage. Cook and stir until onion becomes translucent and just begins to brown.
3. Add broth, undrained tomatoes, white beans, 2 tablespoons basil (or 1 tablespoon dried basil) and oregano. Bring to a boil, cover, reduce heat to a simmer and continue cooking 10 minutes. Add spinach, heat through and remove from heat.
4. Ladle into 4 bowls. Divide Parmesan and fresh basil (if using) over bowls.

Serves 4.

Nutrition Facts		
Servings per recipe: 4		
Calories 235	Calories from fat 63	
	% Daily Value	
Total Fat 7g		10%
Saturated Fat	2g	11%
Cholesterol 50mg		17%
Sodium 917mg		38%
Carbohydrate 26g		9%
Dietary Fiber	8g	32%
Protein 20g		41%
Vitamin A: 123%	Vitamin C: 43%	Folacin: 33%
Calcium: 17%	Iron: 53%	Potassium: 21%

Modified from original source: <http://find.myrecipes.com/recipes>
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