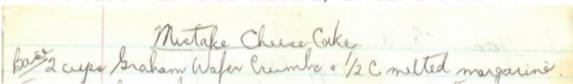
"I FOLLOWED THE RECIPE, EXCEPT FOR. . ."



Italian Sausage, Tomato and White Bean soup

1 lb hot Italian sausage (Hemplers, no preservatives - Safeway)

½ cup chopped onions

1 ½ cups chopped carrots

1 ½ cups chopped celery

1 Tbsp minced garlic

2 tsp dried Italian seasoning

6 cups chicken broth

1 can (14oz) diced tomatoes

1 can (6 oz) tomato paste

1 tbsp balsamic vinegar

½ tsp sea salt and freshly ground pepper

1 bay leaf

1 can (14 oz) cannelloni beans, drained and rinsed

3 cups packed, chopped baby spinach.

- 1. In a large soup pot over medium high, cook and stir sausage until lightly browned, breaking up any large pieces
- 2. Add onions, carrots, celery and garlic. Cook and stir until vegetables begin to soften, about 5 minutes.
- 3. Add Italian seasoning and mix well.
- 4. Add broth, tomatoes, tomato paste, balsamic vinegar, salt, pepper and bay leaf. Bring soup to a boil. Reduce heat to low, cover and simmer for 20 minutes.
- 5. Discard bay leaf
- 6. Add beans and spinach, simmer for 5 more minutes.

From: Yum and Yummer cookbook by Greta Podleski.