

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



Italian Sausage, Tomato and White Bean soup

- 1 lb hot Italian sausage (Hemphers, 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.