

Lora Lightfoot, April 2019

ITALIAN SAUSAGE SOUP

* GLUTEN-FREE OPTION

Ingredients

- 1 lb hot Italian sausage
- 3 cloves garlic, minced
- 1 onion, chopped
- 32 ounces beef broth
(chicken broth would also work)
- 1 14-ounce can diced tomatoes
- 2 15-ounce cans
cannellini beans, drained
- 2 medium zucchini, cubed
- 2 carrots, sliced
- 1 16-ounce bag spinach,
coarsely chopped
- ¼ tsp black pepper
- ¼ tsp crushed red pepper
- ½ tsp oregano
- ½ tsp basil
- 1 tsp salt

INSTRUCTIONS

1. In a large stockpot, brown sausage over medium-high heat.
2. Add onions and garlic to the pot and saute for 3 minutes.
3. Stir in broth, tomatoes, carrots, and seasonings. Reduce heat to low and simmer for 15 minutes.
4. Stir beans and zucchini into soup. Cover and simmer for an additional 15 minutes.
5. Stir in spinach until just wilted.
6. Serve with grated Parmesan cheese and rustic bread.

A MAN OF MANY COMPANIONS MAY COME TO RUIN, BUT
THERE IS A FRIEND WHO STICKS CLOSER THAN A BROTHER.

PROVERBS 18:24