

SAUSAGE SOUP

6 Portions		12 Portions	24 Portions
3	Italian sausages (skinless and crumbled)	6	12
1 tsp.	olive oil	2 tsp.	3 tsp.
1	finely chopped onion	2	3
1 clove	finely chopped garlic	2 cloves	3 cloves
2 cups	chicken broth	4 cups	8 cups
14 oz.	Italian tomatoes	28 oz.	2 x 28 oz.
½ tsp.	crushed fennel seeds	1 tsp.	1 ½ tsp.
¼ tsp.	ground cayenne pepper	½ tsp.	¾ tsp.
2 cups	macaroni	4 cups	6 cups
1 bag (10 oz.)	washed and chopped de-stemmed spinach	2 bags	3 bags
1 can (19 oz.)	White beans	2 cans	3 cans
	salt and pepper		

- In a large saucepan, cook sausages in oil until golden brown, while crumbling with potato masher.
- Add onion and garlic and cook slowly.
- Add chicken broth, tomatoes, fennel seeds, and cayenne pepper.
- Add salt and pepper and let simmer 5 minutes.

Note: Serve with country bread and freshly grated parmesan cheese, as desired.

Lots of Nutrition!