

## Italian Sausage & Spinach Soup

1 pkg Sweet Italian Sausage (I used turkey)

14.5 oz can Italian seasoned tomatoes

3 cups raw spinach

1 Tea. Olive Oil

1 cup chopped onion

3 cloves garlic (chopped fine)

3 Tabl. Tomato Paste

1 tabl. Basil (dried)

1 Tabl. Oregano (dried)

3- 16 oz cans of chicken broth

Remove the sausage from the casing, brown gently in the olive oil. Add the garlic and onion. Stir, add the tomato paste. Cook on low for a few minutes. Add all the ingredients but the spinach, cook for about 45 minutes. Add the spinach at the end, turn the heat off and cover for about 5-10 minutes. Ready to serve once the spinach wilts. The original recipe says to add a few tablespoons of wild rice (the mixes that cook up fast) to each bowl before serving. But that adds calories. So I just added more spinach to the pot as it wilts and is used. Salt and pepper to taste. Parmesan cheese may be used in bowls as garnish. Freezes beautifully. But I rarely have any left over.