

## Tuscan Sausage Bean Soup

### Ingredients

- 1 lb great northern beans
- 1 1/4 cup water, boiling
- 2 Tbsp beef soup base
- 1 1/4 cup yellow onions, chopped, medium
- 3 garlic cloves, minced
- 1 Tbsp Italian seasoning
- 1 1/2 lb Italian sausage
- 1 lb zucchini squash, sliced, fresh
- 3 cups tomatoes in juice, canned, diced
- 1 cup burgundy cooking wine
- 10 oz spinach, thawed



*A hearty soup delivers maximum flavor, chunks of Italian sausage and healthy doses of vegetables and beans. Taste the Italian countryside in a bowl.*

### Directions

Thaw meat and spinach under refrigeration. Under cool, running water rinse whole, peeled onions, peeled garlic cloves and zucchini. Chop onion, mince garlic and slice zucchini. Cover and refrigerate until needed in the recipe.

Wash beans. In large pot, combine beans with enough water to cover the beans by 1 inch. Bring to a boil; reduce heat and simmer for 2 minutes. Remove from heat and let stand 1 hour. Drain and rinse beans.

In the large pot, combine boiling water, beef soup base, onion, garlic and Italian seasoning with the beans. Bring back to boiling; reduce heat and simmer, covered, for 2 hours or until beans are tender.

During the last 30 minutes the beans are cooking, prepare the sausage. Using clean and sanitized utensils, slice the sausage into 1/2 inch thick slices. Remove casing. Brown sausage in a large skillet. Drain well and place in perforated pan to allow all drippings to drain. Hold sausage at 140 degrees until needed in the recipe.

Add cooked, drained sausage, zucchini, undrained tomatoes and cooking wine to beans. Bring to boiling; reduce heat and simmer, covered, 5 minutes or until zucchini is tender.

Stir in spinach. Heat just until spinach is warm. Serve in 6 oz portions. This is a hearty soup with little broth.

**Yield** 28 servings

### Nutritional Information

*Calories 161, Fat 8g, Carbohydrates 14g, Cholesterol 108mg, Sodium 447mg, Fiber 4g, Protein 8g*

