

## SAUSAGE + POTATO SOUP

Perfect soup for a fall day. Serve with salad and wheat bread for a hearty, delicious meal.

 30 minutes

 1 hour and 30 minutes

 8 portions

### INGREDIENTS

- 2 tablespoons olive oil
- 1 cup chopped onions
- 1 cup chopped carrots
- 1 cup chopped celery
- 3 cloves garlic, chopped
- 1 pound ground sausage (mild, hot, or sage)
- 2 large potatoes, diced (unpeeled or peeled)
- 8 cups chicken broth
- 1 cup half & half
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon cayenne pepper (or crushed red pepper)
- 2 cups raw spinach, rinsed
- 1 teaspoon dried thyme

### COOKING METHOD

- 1° Sauté the onions, garlic, carrots, celery, and ground sausage in olive oil until cooked and softened. Season with salt, pepper, crushed red pepper, and thyme to taste.
- 2° Add chicken stock and potatoes, and simmer for one hour, until soup is thickened and vegetables are very soft.
- 3° Add the half and half and spinach, taste and adjust seasonings, and serve.

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (490 g)	% DRI
ENERGY	70 kcal	345 kcal	17 %
FAT	4 g	22 g	34 %
FATTY ACIDS, TOTAL SATURATED	2 g	8 g	38 %
CHOLESTEROL	10 mg	51 mg	17 %
SODIUM	350 mg	1714 mg	71 %
CARBOHYDRATE	5 g	25 g	8 %
SUGARS	1 g	5 g	—
FIBER	1 g	3 g	13 %
PROTEIN	3 g	13 g	—