

Bean Soup with Sausage

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Servings: 10

Yield: 2 1/2 quarts

*8 ounces bulk lean turkey breakfast
sausage*

1 medium onion, chopped

1 medium green pepper, chopped

*2 cans (16 ounce ea) kidney beans,
rinsed and drained*

1 medium potato, peeled and cubed

4 cups water

1 bay leaf

1/2 teaspoon garlic salt

1/2 teaspoon seasoned salt

1/2 teaspoon pepper

1/2 teaspoon dried thyme

*1 can (28 ounce) diced tomatoes,
undrained*

In a large saucepan, cook the sausage, onion and green pepper over medium heat for 4 to 6 minutes or until the vegetables are tender and the sausage is no longer pink, breaking up the sausage into crumbles. Drain.

Stir in the beans, potato, water and seasonings. Bring to a boil. Reduce the heat and simmer, uncovered, for 10 to 15 minutes or until the potato is tender.

Stir in the tomatoes and heat through.

Remove the bay leaf.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 144 Calories; trace Fat (2.6% calories from fat); 9g Protein; 27g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 186mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|---------------------|--------|
| Calories (kcal): | 144 | Vitamin B6 (mg): | .2mg |
| % Calories from Fat: | 2.6% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 72.4% | Thiamin B1 (mg): | .2mg |
| % Calories from Protein: | 25.0% | Riboflavin B2 (mg): | .1mg |
| Total Fat (g): | trace | Folacin (mcg): | 154mcg |
| Saturated Fat (g): | trace | Niacin (mg): | 1mg |
| Monounsaturated Fat (g): | trace | Caffeine (mg): | 0mg |
| | | Alcohol (kcal): | 0 |

| | |
|---------------------------------|----------|
| Polyunsaturated Fat (g): | trace |
| Cholesterol (mg): | 0mg |
| Carbohydrate (g): | 27g |
| Dietary Fiber (g): | 10g |
| Protein (g): | 9g |
| Sodium (mg): | 186mg |
| Potassium (mg): | 664mg |
| Calcium (mg): | 61mg |
| Iron (mg): | 3mg |
| Zinc (mg): | 1mg |
| Vitamin C (mg): | 19mg |
| Vitamin A (i.u.): | 194IU |
| Vitamin A (r.e.): | 19 1/2RE |

% Daily Values 0 0%

Food Exchanges

| | |
|-----------------------------|-------|
| Grain (Starch): | 1 1/2 |
| Lean Meat: | 1/2 |
| Vegetable: | 1/2 |
| Fruit: | 0 |
| Non-Fat Milk: | 0 |
| Fat: | 0 |
| Other Carbohydrates: | 0 |

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 144 **Calories from Fat:** 4

% Daily Values*

| | | |
|----------------------------|-------|-----|
| Total Fat | trace | 1% |
| Saturated Fat | trace | 0% |
| Cholesterol | 0mg | 0% |
| Sodium | 186mg | 8% |
| Total Carbohydrates | 27g | 9% |
| Dietary Fiber | 10g | 40% |
| Protein | 9g | |
| Vitamin A | | 4% |
| Vitamin C | | 31% |
| Calcium | | 6% |
| Iron | | 19% |

* Percent Daily Values are based on a 2000 calorie diet.