

Italian Peasant Soup

Taste of Home One-Dish Meals

Servings: 11

1 pound Italian sausage links, casings removed and cut into 1-inch slices
2 medium onions, chopped
6 cloves garlic, chopped
1 pound boneless/ skinless chicken breasts, cut into 1-inch cubes
2 cans (15 oz) white kidney or cannellini beans, rinsed and drained
2 cans (14 1/2 oz) chicken broth
2 cans (14 1/2 oz) diced tomatoes
1 teaspoon dried basil
1 teaspoon dried oregano
6 cups fresh spinach leaves, chopped
Parmesan cheese (optional), shredded

In a Dutch oven, cook sausage and onions over medium heat until no longer pink. Add garlic; cook 1 minute longer. Drain. Add chicken; cook and stir until no longer pink.

Stir in the beans, broth, tomatoes, basil and oregano. Bring to a boil.

Reduce heat; simmer, uncovered, for 10 minutes.

Add the spinach and heat just until wilted.

Serve with cheese if desired.

Yield: 2 3/4 quarts

Per Serving (excluding unknown items): 167 Calories; 13g Fat (71.8% calories from fat); 7g Protein; 4g Carbohydrate; 1g Dietary Fiber; 31mg Cholesterol; 444mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 2 Fat.