

Pasta Fagioli Soup II

Taste of Home One-Dish Meals

Servings: 5

1/2 pound iltalian turkey sausage links, casings removed, crumbled

1 small onion, chopped

1 1/2 teaspoons canola oil

1 clove garlic, minced

2 cups water

1 can (15 1/2 oz) great northern beans, rinsed and drained

1 can (14 1/2 oz) diced tomatoes, undrained

1 can (14 1/2 oz) reduced-sodium chicken broth

3/4 cup uncooked elbow macaroni

1/4 teaspoon pepper

1 cup fresh spinach leaves, cut into strips

5 teaspoons Parmesan cheese, shredded

In a large saucepan, cook sausage over medium heat until no longer pink; drain and set aside. In the same pan, saute' onion in oil until tender. Add garlic; saute' 1 minute longer.

Add the water, beans, tomato, broth, macaroni and pepper; bring to a boil. Cook, uncovered, for 8 to 10 minutes or until macaroni is tender.

Reduce the heat to low; stir in sausage and spinach. Cook for 2 to 3 minutes or until spinach is wilted.

Garnish with cheese.

Per Serving (excluding unknown items): 161 Calories; 2g Fat (13.2% calories from fat); 9g Protein; 27g Carbohydrate; 8g Dietary Fiber; 1mg Cholesterol; 43mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.