

Red Beans and Sausage Soup

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Servings: 10

1 cup canola oil

1/2 cup white onion, diced in 1/4-inch pieces

1/4 cup red bell pepper, diced in 1/4-inch pieces

1/4 cup green bell pepper, diced in 1/4-inch pieces

1 1/2 cups smoked sausage or Andouille sausage, cooked and diced in 1/4-inch pieces

1/4 teaspoon ground black pepper

4 cups chicken broth

2 cans (15 ounce ea) Glory Foods new orleans style red beans

In a two-quart saucepan, place the oil, onions, red pepper, green pepper and sausage.

Saute' on medium heat with 1/4 cup of chicken broth and cook until the vegetables are tender.

Add the black pepper and stir into the vegetables.

Add the remaining chicken broth, and red beans. Simmer for 15 minutes.

Serve immediately.

Per Serving (excluding unknown items): 212 Calories; 22g Fat (93.7% calories from fat); 2g Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 306mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 4 1/2 Fat.