

# Sausage and Zucchini Soup

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## Servings: 4

*1 pound bulk Italian or pork sausage*

*1 cup chopped celery*

*1/2 cup chopped onion*

*2 cups halved and sliced zucchini*

*1 can (28 ounce) no-salt-added diced tomatoes, undrained*

*1 can (14.25 ounce) low-sodium chicken broth*

*2 teaspoons Italian seasoning*

*1/2 teaspoon garlic salt*

*Grated Parmesan cheese*

## Preparation Time: 15 minutes

Cook the sausage in a four-quart pot over medium-high heat, stirring frequently until browned, 5 to 7 minutes. Using a slotted spoon, remove the sausage from the pot. Add the celery and onion. Cook until tender, about 5 minutes. Drain the fat from the pot. Return to the heat and add the sausage.

Stir in the zucchini, tomatoes, broth, Italian seasoning and garlic salt. Simmer over low heat until the zucchini is tender, about 25 minutes.

Garnish with Parmesan.

(The soup keeps up to three days, covered and chilled, or frozen up to three months.)

Per Serving (excluding unknown items): 24 Calories; 1g Fat (2 calories from fat); 4g Protein; Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 295mg Sodium; 0mg Other Carbohydrates.