

Zucchini Sausage Soup

Servings: 11

1 pound bulk Italian sausage
2/3 cup onion, chopped
5 cups water
2 medium zucchini, sliced
1 can (14 1/2 oz) diced tomatoes, undrained
1 jar (14 oz) pizza sauce
3/4 cup orzo pasta, uncooked
1 envelope au jus gravy mix
1 tablespoon dried basil
2 teaspoons dried oregano

In a Dutch oven, cook the sausage and onion over medium heat until the meat is no longer pink; drain.

Stir in the remaining ingredients. Bring to a boil.

Reduce the heat; cover and simmer for 10 to 15 minutes or until pasta is tender.

Yield: 2 3/4 quarts

Per Serving (excluding unknown items): 29 Calories; 1g Fat (24.3% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 149mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fat.