



# Tuscan Spinach, Bean & Sausage Soup

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Recipe Source: [www.eatingwell.com](http://www.eatingwell.com)

Serves 2

## Ingredients:

- 1 link hot Italian style turkey or chicken sausage
- 1 (19 oz) can reduced-sodium cannellini beans, rinsed and drained
- 1 cup reduced-sodium chicken broth
- 1 (14.5 oz) can reduced-sodium diced tomatoes
- 1 (10 oz) package frozen cut-leaf spinach, or 10 oz fresh spinach, chopped
- 1 clove garlic, minced
- ¼ tsp marjoram
- 1 Tbsp red wine vinegar, or to taste
- Salt and freshly ground black pepper, to taste
- 2 Tbsp freshly grated parmesan cheese

## Steps:

- Bring sausage and ¼ inch water to a simmer in a small skillet over medium heat. Cook, uncovered, until water evaporates, 5-10 minutes. Continue to cook until sausage is browned on all sides, about 4 minutes more.
- Transfer to a cutting board. When cool enough to handle, slice sausage into ½-inch pieces.
- Combine the sausage, beans, broth, tomatoes, spinach, garlic, and marjoram in a medium saucepan. Cover and cook over medium heat for 10 minutes until heated through.
- Add vinegar and salt and pepper to taste. Just before serving, stir in parmesan cheese or ladle soup into individual bowls and sprinkle cheese on top of each serving.

*Tips from the Test Kitchen: Bulk sausage, cooked and crumbled, works as well if you don't prefer links. Use about 8 ounces. Cannellini beans can be replaced with kidney or garbanzo beans for variety, or try a different green such as kale in place of the spinach. The acidity from the vinegar adds a pop of flavor at the end, but you can omit it if desired.*

**Nutritional Facts:** Calories: 387, Carbohydrates: 56 grams, Protein: 29 grams, Total Fat: 7 grams, Saturated Fat: 1 gram, Cholesterol: 30 mg, Sodium: 1026 mg, Fiber: 17 grams, Total Sugars: 8 grams.