

Italian-Style Greens & Beans Soup



Preparation Time: 10 minutes, Cooking Time: 10 minutes

Ingredients

1/2 cup chopped onion
1/2 cup crumbled Italian sausage
1 teaspoon minced garlic
1 can (14.5 oz.) reduced-sodium, fat-free chicken broth
1 can (15 oz.) READ Greens & Beans with Sausage
1/4 cup finely chopped red bell pepper
1/2 cup packed thinly sliced kale or spinach
shredded parmesan cheese, optional

Directions

Makes 3-4 Servings

Cook onion, sausage, garlic and Italian seasoning in large nonstick saucepan over medium heat until sausage is completely cooked, about 5 minutes, stirring occasionally.

Add broth, Greens & Beans and red pepper; simmer 3 minutes. Stir in kale. Sprinkle with cheese, if desired.

Note: Recipe can be doubled.

Nutritional Information

Per serving (1/3 of recipe): 179 calories; 9 g protein; 17 g carbohydrate; 9 g fat; 912 mg sodium; 18 mg cholesterol; 4 g dietary fiber; 2 mg iron; 0.16 mg thiamin; 2528 IU vitamin A;