

Sausage Spinach Soup

8+ servings 30 minutes

Pair with baked potatoes and sourdough bread

Ingredients

- 1 Tbsp olive oil
- 1 lb. Italian sausage
- 1 small onion, diced
- 2 tsp. minced garlic
- handful of fresh basil, chopped
- 2 cans diced tomatoes
- 2 cans cannellini beans, drained and rinsed
- 4 cups chicken broth
- 4+ cups baby spinach
- salt & pepper
- Optional toppings: parmesan cheese and fresh basil

Directions

1. Drizzle olive oil in large stock pot or dutch oven, over medium high heat.
2. Add Italian sausage, brown, and drain excess fat.
3. Add onion and cook until soft and translucent.
4. Stir in garlic and basil, cooking until fragrant.
5. Add in rinsed beans, tomatoes, and broth. Bring to a boil.
6. Stir in spinach and cook for around 2 minutes.
7. Taste and season generously with salt and pepper as needed.
8. Serve topped with parmesan cheese and fresh basil.

Notes

You can't have too much spinach in this recipe - I don't tend to measure, I just add handfuls until the soup looks about right. The spinach will cook down and shrink a good bit, so don't be afraid to add extra if you'd like.

This makes a fantastic freezer meal. Freeze entire recipe in large Ziploc bag or create individual portions in small containers.