

Spinach, White Bean, and Turkey Sausage soup

Ingredients:

1 tablespoon olive oil
1 pound Italian turkey sausage (casing removed and crumbled)
1 tablespoon olive oil
1 onion (chopped)
2 cloves garlic (chopped)
1 pinch red pepper flakes (optional)
4 cups chicken stock
1 (19 ounce) can cannellini beans (drained and rinsed)
1 teaspoon oregano
1 bay leaf
1 bunch spinach (chopped)
salt and pepper to taste
1 tablespoon lemon juice

Directions:

1. Heat the oil in a pan.
2. Add the sausage and cook until no longer pink and set aside.
3. Heat the oil in the same pan.
4. Add the onion and saute until tender, about 5-7 minutes.
5. Add the garlic and red chili pepper flakes and saute for another minute.
6. Add the sausage, stock, beans, oregano, and bay leaf and simmer for 20 minutes.
7. Add the spinach and simmer until it wilts.
8. Add the lemon juice and remove from heat.

Add whole wheat pasta at the same time as spinach, if you like.

Serve with garlic/garlic cheese bread.

From www.closetcooking.com