

DEER VALLEY TIMES

HYPER LOCAL NEWS FOR THE PHOENIX NORTH VALLEY

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Sausage Minestra (hearty sausage soup)

Chef Michael McCauley

This soup is simply amazing, and it couldn't be easier to make. It is a wonderful blend of hearty flavors. Because it contains both protein and a wealth of vegetables, you can serve it as a complete meal in one bowl, or add a simple salad if you like.

If you like your food with more spice you can add a half teaspoon of red pepper flakes or use spicy sausage. Turkey sausage is a good low fat alternative, but I prefer to make it with regular Italian sausage because it has more flavor.

Yield: 4 servings (Serving Size: About 2 cups)

Prep time: 20 Minutes

Cook time: 20 Minutes



Ingredients

1 pound	Italian mild link sausage (use Turkey sausage as a lower fat option)
2 Cups	chopped onion
1 Cup	chopped celery
1 Cup	chopped carrot
1 Tbsp	minced garlic
2 tsp	dried Italian seasoning
1/2 Cup	dry white wine (optional)
4 Cups	chicken broth (low sodium)
2 Cups	tomatoes, seeded and diced (or 2 – 14 oz cans diced tomatoes)
½ Cup	dry, whole grain small shell pasta (conchigliette)
3 Cups	chopped, fresh spinach

Preparation

After boiling, grilling or slow cooking sausage, let it cool and then cut links into 1 inch thick slices. Brown sausage slices in a large pot over medium heat. Add onion, celery, carrot, garlic and seasoning. Cook 4-5 minutes or until vegetables begin to soften. Add wine (optional) and reduce until liquid is almost gone. Add broth, tomatoes and pasta and bring to a boil, then reduce heat and simmer 10-12 minutes or until pasta is cooked. Add spinach and stir until just wilted. Serve soup with fresh, grated Parmesan cheese.

Nutrition Facts (per serving)

Michael McCauley is a Personal Fitness Chef and Nutrition Specialist, author and speaker. His company, Vitaerobics, has helped more than 750,000 people create their own healthy family future. Get his FREE eBook "Overcoming Portion Distortion: How to Eat Less in a Super Sized World" at: www.HealthyFamilyFuture.com/gift.

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