

# Sausage Spinach Tomato Soup

JTC Nutrition 



## Ingredients:

- 1 lb ground Italian sausage
- 1 28-oz can diced tomatoes (BPA free)
- 1 15-oz can cannellini beans (rinsed and drained)
- 1 zucchini (chopped)
- 1 small onion (chopped)
- 1 clove garlic
- 1 tsp dried basil
- ¼ tsp paprika
- ¼ tsp sea salt
- ¼ tsp ground black pepper
- 4 C chicken broth (not needed until cooking day)
- 4 C fresh spinach (not needed until cooking day)
- 1 gallon-sized Hefty plastic freezer bag

1. Label freezer bag with the name of the recipe, cooking instructions, and use-by date.
2. Combine all ingredients (except broth and spinach) in gallon-size freezer bag, adding the sausage last.
3. Remove as much air as possible from the bag, seal, and freeze for up to three (3) months.
4. When ready to cook, thaw ingredients, and add to crockpot along with broth and fresh spinach. Cook on “low” for 6-8 hours or until sausage is fully cooked.
5. Serve with a salad and rustic, whole grain bread.

## Nutritional information:

Serving size: 1 C (372g)

Calories: 183

Fat: 6g

Protein: 16g

Fiber: 4g

Sodium: 851mg

Cholesterol: 17mg

Source: NutriCalcPlus

Recipe adapted from [www.newleafwellness.biz](http://www.newleafwellness.biz)

Image courtesy of [www.newleafwellness.biz](http://www.newleafwellness.biz)

[www.whfoods.com](http://www.whfoods.com)



## Ingredient facts:

**Onion** - A member of the *Allium* family. Rich in sulfur-containing compounds. Health benefits include support for cardiovascular system, support for bone and connective tissue, antibacterial, anti-inflammatory, cancer protective and blood sugar balance.

**Beans** - An excellent source of cholesterol-lowering fiber. Help prevent blood sugar levels from rising too rapidly. When combined with whole grains such as brown rice, millet or quinoa, beans provide a low-fat, high quality protein. Good source of folate, B1, copper and manganese.

**Black pepper** - Considered a fruit (*Piper nigrum*). Stimulates the taste buds, which send messages to stomach to increase hydrochloric acid secretion, thereby improving digestion. Carminative (substance that helps prevent the formation of intestinal gas). Has diaphoretic (promotes sweating) and diuretic (promotes urination) properties in addition to antioxidant and antibacterial effects.