

Spicy Italian Sausage, White Bean, and Spinach Soup

1/2 pound Spicy Italian Sausage (or bulk Italian Sausage and add cayenne pepper to taste)

1/2 cup chopped sweet onion

1/2 cup baby carrots, sliced 1/4-inch thin

2 teaspoons minced garlic (or 2 cloves minced)

Black pepper, to taste

1/2 teaspoon Italian dried seasoning herbs

6 to 7 cups homemade or low-sodium chicken broth

2 cans white beans, rinsed and drained

1 pint jar homemade canned tomatoes, diced, or one 14-ounce can low sodium diced tomatoes

6 cups fresh spinach, roughly chopped (this was half of a 9-ounce bag)

In a dutch oven or soup pot, add the sausage, onion, and carrots over medium heat. Cook until the sausage is cooked through, about 10 minutes. Drain grease, if needed. Mine was lean enough and did not have to. Grind a bunch of black pepper over it, add the Italian dried seasoning herbs, chicken broth, beans, and tomatoes (including liquid). Bring it up to a simmer, and then add the spinach. Give it a good stir, and as soon as the spinach wilts, it is ready to serve!