



# Sausage and Spinach Soup

6 links hot or sweet turkey Italian sausage  
2 medium onions, chopped  
2 garlic cloves, minced  
3 quarts [chicken stock](#)  
2 15-ounce cans cannellini beans, drained and rinsed  
1 14.5-ounce can diced stewed tomatoes, undrained  
1 10-ounce can Rotel tomatoes, undrained  
1 tablespoon tomato paste  
4 cups fresh spinach, stems removed  
1 tablespoon dried basil leaves  
1 teaspoon dried oregano leaves  
1/8 teaspoon cayenne pepper  
Salt and black pepper to taste  
Parmesan cheese

Remove sausage from casings. Form sausage meat into mini-meatballs. Coat a large saucepan or Dutch oven with cooking spray. Place pan over medium-high heat. Working in batches, cook mini-meatballs until brown on all sides. Transfer cooked meatballs to a plate. Set aside. Add onions and garlic to pan (may need to add more cooking spray); cook for 2 minutes. Stir in chicken stock, beans, tomatoes and tomato paste. Return meatballs to pot. Bring to a boil. Reduce heat to simmer; cook 15 minutes. Add spinach, basil, oregano, cayenne and salt and black pepper to taste. Cook an additional 5 minutes, stirring occasionally. Serve soup with a sprinkle of Parmesan cheese. *Serves 8-10.*