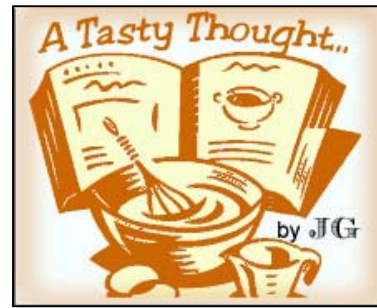


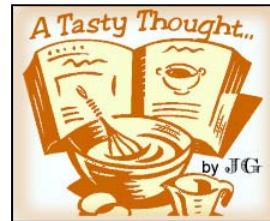
## A Recipe compliments of



TRIM ON DOTTED LINE AND  
FOLD FOR RECIPE CARD

### Sausage Soup

**Cook Time:** About 30 minutes



#### Ingredients

- 1 lb. Sweet Italian Sausage removed from casings
- 3 cans "College Inn" Light and Fat Free Chicken Broth (14 ½ oz. each)
- 1 cup White Rice
- 1 can Diced Tomatoes, (14 ½ oz.) undrained
- 1 box Chopped Frozen Spinach, thawed and drained
- 1/4 tsp Ground Black Pepper

#### Method

1. Brown sausage in a skillet after removing from casings. Break meat into pieces as it is browning.
2. Place cooked meat in large pot or dutch oven. Add chicken broth and heat.
3. Add in rice, tomatoes and black pepper and bring to a simmer.
4. COOK 12-15 minutes or until rice is tender.
5. Stir in chopped spinach and let simmer for a few minutes.

So tasty!

\*\*\* Soup that is not consumed at this meal can be cooled and refrigerated. Portions can also be placed in freezer containers and frozen to be enjoyed at a later date.

\*\*\* As the soup cools the rice absorbs the liquid. When reheating add about 1 can of Chicken Broth to cooled/defrosted/thawed mixture to enjoy this soup again.

Enjoy!!!  
**JG**

