

Minestrone with Turkey Sausage

**MAKES EIGHT
1²/₃-CUP (400 ML)
SERVINGS**

Ann Kastner, ON

• **Preparation time: 20 minutes / Cooking time: 80 minutes**

1 tbsp	vegetable oil	15 mL
1 lb	turkey sausage, cut into chunks	500 g
1	clove garlic, minced	1
1	large onion, chopped	1
1/2 cup	diced celery	125 mL
1/2 cup	diced carrot	125 mL
1/2 cup	diced green bell pepper	125 mL
1	can (28 oz/796 mL) tomatoes	1
4 cups	reduced-sodium chicken broth	1 L
1	bay leaf	1
2 tbsp	chopped fresh parsley	25 mL
1 tsp	salt	5 mL
1/2 tsp	dried basil	2 mL
1/4 tsp	dried thyme	1 mL
1/4 tsp	freshly ground black pepper	1 mL
1	can (19 oz/540 mL) kidney beans, drained and rinsed	1
1 cup	tubetti pasta or other tiny pasta	250 mL
	Freshly grated Parmesan cheese	

A dinner soup filled with great chunks of savory sausage and loaded with vegetables.

TIPS

If you choose to prepare this recipe in a slow cooker instead of on the stovetop (see page 113), precook the pasta separately and add it at the end, cooking just until heated through.

There are about 2 cups (500 mL) of beans in a 19-oz (540 mL) can.

VARIATION

Other vegetables you can use include shredded green cabbage or kale, red bell pepper, potatoes, mushrooms and zucchini.

1. In a large saucepan, heat oil over medium heat. Sauté sausage, garlic, onion, celery, carrot and green pepper until sausage is browned and vegetables are softened, about 10 minutes; drain fat. Add tomatoes, broth, bay leaf, parsley, salt, basil, thyme and pepper; bring to a boil. Reduce heat, cover and simmer for 1 hour. Add beans and pasta; simmer until pasta is tender, about 10 minutes.
2. Ladle into bowls and sprinkle with Parmesan cheese.

 **SLOW COOKER FRIENDLY**

 **FREEZER FRIENDLY**

NUTRIENTS Per Serving

Calories: 238	Carbohydrate: 26.5 g	Calcium: 74 mg
Fat: 6.9 g	Fiber: 5.8 g	Iron: 3.0 mg
Sodium: 949 mg	Protein: 17.9 g	

Very high in: Niacin, folate, vitamin B₁₂ and zinc • **High in:** Dietary fiber, vitamin A, vitamin C, iron, thiamine, riboflavin, vitamin B₆ and magnesium

Diabetes Food Choice Values Per Serving

1	Carbohydrate
2	Meat & Alternatives