

Italian Sausage & Tomato Soup

Author: Phillis Carey cooking class



2 slices bacon, thick sliced, diced
1 pound Italian sausage, sweet (or hot, if you prefer)
1 cup red onion, chopped
3 cloves garlic, minced
1/2 teaspoon dried oregano
1 pinch red pepper flakes
1 whole bay leaf
28 ounces diced tomatoes, with juice
6 cups low-sodium chicken broth
1/4 cup orzo
15 ounces cannellini beans, rinsed and drained
Salt & pepper to taste
1/2 cup fresh basil, chopped
1/2 cup Parmigiano-Reggiano cheese, grated (or more if desired)

Serving Ideas: Serve with pizza as a bread or with a focaccia with cheese and zucchini on top.

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

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Per Serving (excluding unknown items): 456 Calories; 21g Fat (38.8% calories from fat); 31g Protein; 45g Carbohydrate; 10g Dietary Fiber; 45mg Cholesterol; 490mg Sodium. Exchanges: 2 1/2 Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; 3 Fat.

*Carolyn T's
Main Cookbook*

Servings: 8

Notes: You can use turkey sausage, but the pork provides a lot more flavor. If you increase the quantity, don't increase the amount of red pepper flakes.

Description: A 5 star recipe - simple ingredients, but with sensational taste

1. Cook chopped bacon in a large pot over medium heat to render out the fat. Add the crumbled sausage and continue cooking and stirring occasionally, until sausage is browned. Add the onions to the pot and cook for 5 minutes. Add the garlic, oregano and red pepper flakes and toss for 30 seconds.

2. Stir in bay leaf, tomatoes and chicken broth. Bring to a boil, then simmer for 10 minutes. Add the orzo and cook for 5 minutes. Add the beans and simmer until heated through and orzo is tender, about 8 minutes. Season to taste with salt and pepper. Stir in the fresh basil just before serving. Ladle into bowls and sprinkle top with cheese.