

This hearty soup, based on a recipe from BHG.com, is delicious. Make a large batch of the Italian sausage and freeze some for later. Pre-soak and boil lots of navy beans so you'll have them for other meals.



Serves 6-8

Tuscan Sausage and Bean Soup

1-1/4 c. dry Great Northern or Navy beans**
1-3/4 c. homemade beef broth or water*
1/2 c. chopped onion
1/2 tsp. garlic, minced
1/2 tsp. dried basil, crushed
1 tsp. salt
3/4 lb. homemade Italian sausage (see recipe, below)
1 medium zucchini, sliced
3 stalks celery, chopped
4-5 tomatoes, diced
6-8 oz. can of Campbell's 100% Tomato Juice
4 c. water
1/2 1 lb. bag frozen chopped spinach

Italian Sausage

Adapted from a recipe in Light & Tasty

Combine:

1 lb. lean ground turkey or pork (no additives)
1 tsp. rubbed sage
1/2 tsp. *each* salt, fennel seed, dried thyme
1/8 tsp. *each* crushed garlic, pepper
Dash *each* white pepper, cayenne pepper, ground allspice, ground cloves and ground nutmeg.

Soak beans overnight. Drain and cover with fresh water. Bring to a boil and cook for at least 45 minutes, adding water as needed. They are now ready to go into the crock pot. (I recommend doing the whole bag of beans, then dividing them in thirds for 3 recipes. Freeze the others.)

Meanwhile, combine sausage ingredients and sauté until brown. Drain well. In a 3-1/2 or 4-quart crock pot combine the sausage, beans, water, beef broth or water, onion, garlic, seasonings, zucchini, half of the spinach, tomatoes and juice. Cook, covered, on low heat setting for 10-11 hours or until beans are tender. Before serving, stir in the rest of the spinach for color.

Top bowls of soup with grated Parmesan cheese, if desired.

** After you have been on the SCD for 6 months or so, you can begin trying white beans prepared as directed. This soup would also be good without them.

* To make your own beef broth, buy a beef bone to put in the pot. While you're at the store, go to the cooking utensils section and buy some cheesecloth. Tie the bone inside the cheesecloth so that little pieces of bone don't fall off and get into the soup. Remove before serving. Take off any meat and put it back into the soup, if desired.