

# BEAN & SAUSAGE SOUP

**Time: 40 minutes**

**Serves: 6**

## **Ingredients:**

500g Italian sausage - casing discarded  
2 yellow onions - chopped  
6 cloves garlic - chopped  
1 litre chicken stock (no added salt)  
200ml dry red wine  
796ml can diced tomatoes  
2 - 540ml cans mixed beans - rinsed and drained  
250g chopped spinach  
6g kosher salt  
1g dried basil  
1g crushed red chilies  
15ml fresh lemon juice

## **Preparation:**

Place a large pot on medium-high heat. Add the sausage, breaking apart and cooking until browned.

Add the onions and garlic, stirring occasionally for five minutes.

Stir in the remaining ingredients except lemon juice and turn the heat to high. Bring to a boil then, reduce heat to simmer uncovered for ten minutes.

Stir in lemon juice and serve immediately or chill and reheat.

## **Nutritional Information Per Serving:**

Calories: 465  
Fat: 21g  
Carbs: 35g  
Fibre: 10g  
Protein: 26g