

# TURKEY SAUSAGE SOUP

**Time: 15 minutes (plus 8 hours in slow cooker)**

**Serves: 6**

## **Ingredients:**

500g fresh turkey sausage - sliced  
2 onions – diced  
6 cloves garlic – chopped  
900g chicken stock  
796ml can diced tomatoes  
2 – 540ml cans mixed beans (rinsed and drained)  
300g frozen chopped spinach  
250ml dry red wine  
15ml lemon juice  
6g salt  
1g dried basil  
1g crushed red chilis

## **Preparation:**

Place sausage in bottom of slow cooker vessel. Place all other ingredients on top. Do not stir.

Cook on low for eight hours. Stir and serve.

## **Nutritional Information Per Serving:**

Calories: 418	<b>Hand-Size Portion Guide</b>
Fat: 11g	Palms of Protein: 2
Carbs: 47g	Fists of Vegetables: 1
Fibre: 0g	Cupped Hands of Carbs: 2
Protein: 30g	Thumbs of fat: 0