



ITALIAN CHICKEN SAUSAGE AND TOMATOES SOUP

By Dr. Cindy Tanzar
(Standard/Maintenance)

We get a lot of requests for soup as cold weather approaches. Hearty broths or stocks are not only healthy, but are very satisfying. If you start by deciding on a protein like beef or chicken and figure out how many servings you want (i.e., 4-6), then you know how much protein you need for your recipe. (You can either go by 3 oz. cooked per serving or approx. 20 grams of protein per serving.) Add 1.5-2 cups raw vegetables to equal one cup cooked per serving and then your broth, and you have soup! You can change the protein, vegetables and spices each time to offer more variety. The broth is negligible and adds great flavor. Just be sure to use an organic broth without any added sugars, MSG or artificial flavors and preservatives. This recipe serves 6. It covers your protein, fat and vegetable choices for 1 serving (or meal).



INGREDIENTS

8 links Al Fresco Sweet or Hot Italian Chicken Sausage (casings removed)
4 Tbs. virgin coconut or avocado oil, divided
1/2 red bell pepper, chopped



1/2 green bell pepper, chopped
1/2 large onion, chopped
3 cloves garlic, minced
8 cups (64 oz.) organic chicken broth/stock in a carton
2-14.5 oz. cans petite diced tomatoes
1 Tbs. tomato paste
2-3 tsp. dried basil
2 tsp. dried oregano
optional: add 2 tsp. ground fennel
2 medium (10 inches) zucchini, spiraled into noodles OR one 10-oz. package of fresh spinach
Pink Himalayan salt & fresh ground pepper, to taste
optional: crushed red pepper, to taste
On maintenance: serve with grated Parmesan cheese

INSTRUCTIONS

Heat 2 Tbs. oil in a stainless steel 6 qt. pan. Add the ground sausage, browning and breaking it into pieces as it cooks. It will produce liquid as it cooks, but will evaporate. Remove sausage into a bowl. Add 2 Tbs oil and add the chopped onion and red and green pepper, sautéing for a few minutes.

Add the chicken broth, canned tomatoes with juice, tomato paste, basil, oregano, fennel (if using), crushed red pepper, salt and pepper. Simmer for 20-30 minutes, stirring occasionally.

Make the zucchini noodles with a spiralizer and cut into 1.5-2 inch noodles, or cut zucchini into long, thin strips and then across into 1.5-2 inch noodles.

Add noodles to the soup and simmer 15 minutes.