

# Sausage Tomato Soup

From Marilyn Lee on allrecipes.com

*It's a five-star recipe and all the reviews raved about it. Many suggested adding red pepper flakes, so I included that in the recipe.*



## Ingredients

½ pound Italian seasoned turkey sausage  
1 medium onion, chopped  
1 small green pepper, chopped  
1 (28 oz) can diced tomatoes, UNdrained  
1 (14.5 oz) can beef broth  
1 (8 oz) can tomato sauce  
½ c picante sauce  
1 ½ t sugar  
1 t dried basil  
½ t dried oregano  
1 t red pepper flakes  
½ c shredded mozzarella cheese

## Directions

1. In a saucepan, cook the sausage, onion and green pepper over medium heat until meat is no longer pink; drain.
2. Stir in tomatoes, broth, tomato sauce, picante sauce, sugar, basil and oregano, red pepper flakes. Bring to a boil.
3. Reduce heat; cover and simmer for 10 minutes.
4. Sprinkle with cheese.

*\*\* Cook's Note: I added a can of pink beans, simply because I add a can of beans to just about everything for a little more fiber and protein.*

*Nutritional Analysis: One 1-cup serving (prepared with turkey sausage, reduced-sodium broth and 1/2 cup part-skim mozzarella) equals **161 calories**, 6 g fat (2 g saturated fat), 26 mg cholesterol, 870 mg sodium, 16 g carbohydrate, 4 g fiber, 12 g protein. Diabetic Exchanges: 3 vegetable, 1 lean meat, 1/2 fat.*