

Spinach, White Bean and Turkey Sausage Soup

A quick and easy soup with turkey sausage, white beans and spinach that is full of flavor and nice and healthy.

Ingredients

1 pound loose turkey sausage, cooked (or use the leftover turkey sausage patties, crumbled)
1 tablespoon olive oil
2 cloves garlic, finely chopped (or use a garlic press)
1 pinch red pepper flakes
4 cups chicken stock
1 (15 ounce) can great northern beans, drained and rinsed
1 bay leaf
2 cups frozen spinach
salt and pepper to taste (we used 1/2 tsp salt, 5 grinds of pepper)

Directions

1. Combine in a small stock pot the turkey sausage, olive oil, garlic, red pepper flakes, chicken stock, beans and the bay leaf. Simmer for about 15 minutes.
2. Remove the bay leaf and add the frozen spinach. Simmer for another 10 to 15 minutes until hot.
3. Season with salt, pepper, or any other seasonings Enjoy!

Makes 4- 6 servings