

# Italian Turkey Sausage Soup

1 onion, chopped  
2 garlic cloves minced  
3 cups low sodium chicken broth  
2 cans stewed tomatoes  
1 can kidney beans  
1 cup sliced fresh mushrooms  
1/3 cup chopped fresh basil  
2 tbs Italian seasoning  
1 tbs oregano  
1 tsp red pepper flakes  
20 oz Italian turkey sausage  
2 tbs olive oil  
parmesan cheese for garnish



1. Chop turkey sausage into bite size chunks and place in soup pot with 2 tbs olive oil and chopped onion. Saute until sausage is nearly cooked.
2. Add minced garlic and saute for about 2 minutes
3. Add chicken broth, tomatoes, kidney beans, mushrooms, and seasonings.
4. Bring to a boil then lower to a simmer.
5. Let simmer for 25 minutes.
6. Grate parmesan cheese on individual servings.

Serves 6 - 8

