

Email a great easy, healthy recipe to jhorwin@mindspring.com!

Healthy, Easy-to-Make Recipe of the Month!

Sausage and Bean Soup

This meal in a bowl can be prepared in minutes. Also makes enough for leftovers.

Ingredients:

- 6 ounces fat-free cream cheese (room temperature)
- 1 package (16 ounces) low-fat turkey smoked sausage
- 1 medium onion chopped
- 4 cans (about 15 ounces each) of beans of your choice, drained and rinsed, (beans that work well are: black, kidney, pinto, garbanzo, lima)
- 1 can (14.5 ounces) diced tomatoes*, not drained
- 2 cups fat-free chicken broth*
- 2 cups water
- 1 can (4 ounces) diced green chiles
- 1/2 cup salsa, thick and chunky
- 1 cup chopped fresh cilantro

Directions:

1. Cut sausage into bite-size pieces.
2. In a large kettle, combine all ingredients except the cilantro.
3. Bring to a boil.
4. Reduce heat to low. Cover and simmer for 10 minutes.
5. Serve topped with cilantro.

Note: One serving is an excellent source of fiber. This recipe is higher in sodium and should be limited by those on a low-sodium diet.

Makes 12 cups

8 servings: Each Serving 1 1/2 cups

Carb Servings: 2 Exchanges

2 starch

1 vegetable

2 lean meat

Nutrient Analysis:

calories 261

total fat 6g

saturated fat 2g

cholesterol 35mg

sodium 877mg

total carbohydrate 38g

dietary fiber 12g

sugars 8g

protein 19g