

Sweet Italian Sausage & Spinach Soup

*Made with Gus's Farm Sweet Italian Sausage

Ingredients

- 1 pound of Gus's Farm Sweet Italian Sausage
- 1 medium onion
- 3 cups of fresh spinach
- 1 cup of shredded carrots
- 15 oz can of chickpeas (be sure to rinse first)
- 32 oz Chicken broth
- 15 oz Diced tomatoes
- 1 tablespoon of olive oil
- 2 teaspoons of basil
- 1 teaspoon of garlic
- Salt & pepper to taste
- Optional: Crushed red pepper flakes

Directions:

1. Cook 1 pound of Gus's Farm Sweet Italian Sausage until completely browned in a skillet.
2. In a big soup pot add 1 tablespoon of olive oil with 1 medium onion chopped and 1 cup of shredded carrots. Cook over medium heat until vegetables are soft (about 5 minutes).
3. Add chicken broth, fresh spinach, chickpeas (be sure to rinse first), diced tomatoes, and 1 pound of cooked Gus's Farm Sweet Italian Sausage. Add spices and let simmer over medium heat for 20 minutes.
4. Add two cups of water for a thinner soup.

