

Minestrone with Turkey Sausage

• Preparation time: 20 minutes / Cooking time: 80 minutes

1 tbsp vegetable oil 15 mL
1 lb turkey sausage, cut into chunks 500 g
1 clove garlic, minced 1
1 large onion, chopped 1
1/2 cup diced celery 125 mL
1/2 cup diced carrot 125 mL
1/2 cup diced green bell pepper 125 mL
1 can (28 oz/796 mL) tomatoes 1
4 cups reduced-sodium chicken broth 1 L
1 bay leaf 1
2 tbsp chopped fresh parsley 25 mL
1 tsp salt 5 mL
1/2 tsp dried basil 2 mL
1/4 tsp dried thyme 1 mL
1/4 tsp freshly ground black pepper 1 mL
1 can (19 oz/540 mL) kidney beans, 1
drained and rinsed
1 cup tubetti pasta or other tiny pasta 250 mL
Freshly grated Parmesan cheese

1. In a large saucepan, heat oil over medium heat. Sauté sausage, garlic, onion, celery, carrot and green pepper until sausage is browned and vegetables are softened, about 10 minutes; drain fat. Add tomatoes, broth, bay leaf, parsley, salt, basil, thyme and pepper; bring to a boil. Reduce heat, cover and simmer for 1 hour. Add beans and pasta; simmer until pasta is tender, about 10 minutes.
2. Ladle into bowls and sprinkle with Parmesan cheese.

* Recipe is taken from Dietitians of Canada (www.dietitians.ca)