



## WHITE BEAN AND SAUSAGE SOUP

Recipe from "Diabetes Meals by the Plate"

### INGREDIENTS

- 6 cups unsalted chicken stock
- 1½ cups chopped onion
- 1 cup diced carrot
- 1 cup diced celery
- 4 minced garlic cloves
- 4 sprigs of fresh thyme (chopped)
- 2 bay leaves
- 1 cup low-sodium V8 juice
- 10 ounces dried great northern beans (soaked)
- 3 cups kale, stemmed and chopped
- 1 pound Italian sausage
- 2 tablespoons fresh lemon juice
- 1 diced apple
- ¼ cup parmesan cheese



### Nutrition facts

Serving size: 1¼ cup

Calories: 303  
Carbohydrate: 30 g  
Total fat: 11 g  
Protein: 20 g  
Sodium: 467 mg

### INSTRUCTIONS

1. Place first nine ingredients in a large stock pot. Let simmer over medium heat for 30 minutes.
2. While beans are simmering, brown the Italian sausage in a large skillet over medium-high heat. Crumble sausage into bite-size pieces.
3. Add kale and browned sausage to the beans. Simmer 10 more minutes.
4. Stir in lemon juice just before serving.
5. Top each bowl with parmesan cheese.

*Makes 8 servings.*