**Italian Sausage Soup (4 servings)**

*(Submitted by Jackie Bumgarner)*

* 8 ounces hot or sweet turkey Italian sausage
* 1/2 onion, chopped
* 2 garlic cloves, finely chopped
* 3 cups fat-free, less-sodium chicken broth
* 1 (14.5-ounce) can diced tomatoes with basil, garlic, and oregano
* 1/2 cup uncooked small shell pasta
* 2 cups bagged baby spinach leaves
* 2 tablespoons grated fresh Parmesan or Romano cheese
* 2 tablespoons chopped fresh basil

Step 1

Heat a large saucepan over medium heat. Remove casings from sausage. Add sausage to pan, and cook about 5 minutes or until browned, stirring to crumble. Drain. (I actually cooked my sausages whole in a pan with a little water, then sliced them). Put sausage aside. In same saucepan, cook onion and garlic in a little olive oil. Return sausage to pan.

Step 2

Add broth, tomatoes, and pasta to pan, and bring to a boil over high heat. Cover, reduce heat, and simmer 10 minutes or until pasta is done. Remove from heat; stir in spinach until wilted. Sprinkle each serving with cheese and basil.