

Italian Turkey/Chicken Sausage Soup/Stew

- 1 lb. Sweet/Hot Turkey or Chicken Sausage
- 1 can (15 oz.) Canellini Beans, rinsed & drained
- 3 cups Beef, Chicken or Vegetable Broth
- 1 can (14 oz.) Diced Stewed Tomatoes
- ¼ tsp of Black Pepper
- Nonstick Cooking spray

Coat a large pot with cooking spray, cut sausage into 1” pieces, and cook over medium-high heat until browned. OR poke sausage several times with a fork, place in oven-proof dish and bake @ 350 degrees for 30 minutes turning once.

Combine all ingredients. Bring to a boil. Reduce heat and simmer for 20 minutes. Serve immediately.