

SAUSAGE SPINACH TOMATO SOUP

RECIPE FROM: New Leaf Wellness

COOK TIME: 8 hours on LOW

SERVES: 4-6



INGREDIENTS

- 1 lb ground sweet or spicy Italian sausage, browned
- 1 (24 oz) jar pasta sauce
- 3 cups chicken broth
- 1 can cannellini beans, drained and rinsed
- 1 box frozen chopped spinach
- 4 large carrots, chopped into bite-sized pieces
- 1 medium yellow onion, diced



DIRECTIONS

1. Combine ingredients and add to a labeled gallon-sized freezer bag.
2. Freeze for up to three months.
3. When ready to eat, thaw overnight in fridge.
4. Empty ingredients into a slow cooker and cook on LOW for 8-10 hours.

OPTIONAL: Serve with cooked pasta.