

Angie Bloom

Sausage Low Carb Italian Soup

Ingredients:

- 2 Tbsp. garlic oil
- 2 lb. chicken sweet and spicy sausage, casings removed
- 2 tsp kosher salt
- 1/2 tsp black pepper
- 1 (15 ounce can) diced tomatoes
- 3 medium red, yellow, and orange peppers, diced
- 5 medium carrots, cut into quarters
- 1 medium Poblano pepper, diced
- 1 tsp dried basil
- 1 tsp dried oregano
- 2 tsp dried thyme
- 2 tsp rosemary
- 2-3 T chili powder
- 2 tsp ground cumin
- 1 tsp ground cinnamon
- 8 cups chicken stock
- 4 cups baby spinach
- Cheddar Jack cheese, shredded

Directions:

1. Sauté and heat garlic oil . Add sausage and cook, stirring occasionally, until the sausage is no longer pink inside, approximately 5 minutes. As the sausage cooks, break it into small pieces with a wooden spoon.
2. Add diced carrots and cook until almost done 4 mins approximately.
3. Add the red and Poblano pepper, basil, oregano, thyme, rosemary, chili powder, cumin, salt, pepper, and cinnamon to the pot and sauté until fragrant
4. Add the chicken stock and stir to combine.
5. Simmer on low for 10-12 minutes - not too long so peppers and carrots aren't mushy - watch this! Add the spinach. Stir until it wilts (or even use frozen chopped spinach to cool the soup off a little if you'd like to eat it right away)
6. Serve topped with shredded Cheddar Jack cheese (if desired) and some additional diced Poblano pepper, if desired. Enjoy!

