

Pork

Italian Stew

Taste of Home One-Dish Meals

Servings: 6

1 pound bulk Italian sausage
1 small onion, chopped
1 clove garlic, minced
3 cups beef broth
1 can (14 1/2 oz) stewed tomatoes, cut up
1 can (8 oz) tomato sauce
1 medium carrot, thinly sliced
1 teaspoon dried basil
1 teaspoon dried oregano
1 package (9 oz) cheese tortellini, refrigerated

In a large saucepan, cook sausage and onion over medium heat until meat is no longer pink and onion is tender. Drain. Add garlic; cook 1 minute longer.

Stir in the broth, tomatoes, tomato sauce, carrot, basil and oregano. Bring to a boil. Reduce heat; simmer, uncovered, for 30 minutes.

Gently stir in the tortellini, zucchini, green pepper and parsley.

Cover and simmer for 20 to 25 minutes or until tortellini is tender. Serve with cheese.

Yield: 2 quarts

Per Serving (excluding unknown items): 68 Calories; trace Fat (2.6% calories from fat); 7g Protein; 11g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 903mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fat.