

My Mom's Italian Sausage Soup

Paula Macri - Gattuso's Bella Cucina
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FOR THE SAUSAGE MEATBALLS

1 pound sweet Italian sausage
(removed from the casing)
1/2 cup seasoned dry breadcrumbs
1/4 cup Parmesan cheese
1/4 cup milk
1 egg
1/2 teaspoon basil
1/2 teaspoon black pepper
1/4 teaspoon salt

FOR THE SOUP

4 cups hot chicken broth
1 tablespoon tomato paste
1 clove garlic, finely chopped
1/2 cup tiny bow-tie pasta or any
small soup pasta
1 package frozen whole spinach leaves
grated Parmigiano-Reggiano cheese

In a bowl, combine the sausage, breadcrumbs, Parmesan cheese, milk, egg, basil, pepper and salt. Form into tiny balls.

In a slow cooker, combine the chicken broth, tomato paste and garlic. Add the sausage meatballs.

Cook on LOW for five to six hours.

About 30 minutes before serving, add the pasta. When the pasta is done, stir in the spinach.

Serve in bowls and sprinkle with fresh Parmigiano-Reggiano cheese.

Per Serving (excluding unknown items): 225 Calories; 13g Fat (52.5% calories from fat); 18g Protein; 9g Carbohydrate; 1g Dietary Fiber; 236mg Cholesterol; 1136mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	225
% Calories from Fat:	52.5%
% Calories from Carbohydrates:	16.4%
% Calories from Protein:	31.2%
Total Fat (g):	13g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	1.1mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	35mcg

Saturated Fat (g): 7g
Monounsaturated Fat (g): 4g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 236mg
Carbohydrate (g): 9g
Dietary Fiber (g): 1g
Protein (g): 18g
Sodium (mg): 1136mg
Potassium (mg): 385mg
Calcium (mg): 409mg
Iron (mg): 2mg
Zinc (mg): 2mg
Vitamin C (mg): 9mg
Vitamin A (i.u.): 934IU
Vitamin A (r.e.): 182 1/2RE

Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 2
Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 225 Calories from Fat: 118

% Daily Values*

Total Fat	13g	20%
Saturated Fat	7g	33%
Cholesterol	236mg	79%
Sodium	1136mg	47%
Total Carbohydrates	9g	3%
Dietary Fiber	1g	5%
Protein	18g	
Vitamin A		19%
Vitamin C		15%
Calcium		41%
Iron		12%

* Percent Daily Values are based on a 2000 calorie diet.