

Ohio Proud Italian Wedding Soup

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Servings: 5

Start to Finish Time: 20 minutes

1 pound Bob Evans Italian Sausage roll

1 tablespoon oil

1 cup fresh or frozen onions, diced

5 cups chicken stock

3 cups roughly chopped greens (kale, swiss chard or spinach)

1 cup cubed acorn squash, chopped tomatoes or coined carrots

1/2 teaspoon garlic powder

1 teaspoon Italian seasoning

salt and pepper (to taste)

Orzo pasta

Ball up the Italian sausage into 1/2-inch size balls using either a melon baller or small scoop.

Heat up a large skillet on medium heat and brown the meat balls. Place the meat balls on a paper towel lined plate to drain the excess grease.

Place the oil in a four-quart pot over medium heat. Add the onions and saute' for 2 to 3 minutes or until the onions become clear.

Add the chicken stock, greens, squash, garlic powder, Italian seasoning, salt and pepper. Bring to a simmer.

Add the Orzo pasta and simmer for 15 minutes or until the pasta is al dente.

Per Serving (excluding unknown items): 48 Calories; 3g Fat (75.2% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2147mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fat.