

Spicy Sausage Soup (Slow Cooker)

Barbara C. Jones
Easy Slow Cooker Cookbook

Servings: 6

1 pound mild bulk sausage
1 pound hot bulk sausage
2 cans (15 ounce ea)
Mexican stewed tomatoes
3 cups celery, chopped
1 cup carrots, sliced
1 can (15 ounce) cut green beans, drained
1 can (14 ounce) chicken broth
1 teaspoon seasoned salt

In a bowl, combine the mild and hot sausages. Shape into small balls. Place the balls in a non-stick skillet. Brown thoroughly until no pink remains. Drain.

Place the meatballs into a large, sprayed slow cooker.

Add the stewed tomatoes, celery, carrots, green beans, chicken broth and seasoned salt. Add one cup of water. Stir gently so the meatballs will not break. Cover.

Cook on LOW for six to seven hours.

Per Serving (excluding unknown items): 26 Calories; trace Fat (11.6% calories from fat); 1g Protein; 5g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 415mg Sodium. Exchanges: 0 Lean Meat; 1 Vegetable; 0 Fat; 0 Other Carbohydrates.

