

Gluten Free Bison Sausage Minestrone Soup

Quick and Easy soup for a Healthy Dinner

2 tbsp butter or heat tolerant oil (canola, coconut, almond refined for high heat)
2 onions
1- 2 garlic cloves, finely chopped (I use Epicure dried garlic or garlic paste from Safeway)
3 cups Organic Chicken Soup Stock or Water
1 package of Coleslaw cabbage (or slice your own in a food processor, 2 cups)
2 large bunches of broccoli
4 chopped tomatoes or 1 can (398 ml) diced tomatoes
1 – 2 carrots diced
2 cans beans – your choice! (navy, adzuki, kidney, black bean...)
2 packages of gluten free Bison Sausages (available at Denny's Meat Market), Cut in 1 inch pieces
1 tsp sea salt
¼ tsp black pepper
2 – 4 tbsp of Epicure Marinara or Italian Seasoning or a combo of Basil, Oregano...
(Be creative and adjust to your tastes! I like lots of flavor so I tend to put lots!)

Instructions:

In large soup pot, heat butter / oil; saute onion and garlic until tender but not brown. Add sausage and cook, stirring gently until lightly browned. Add stock/water, cabbage, tomatoes, carrots, beans, broccoli (or whatever veggies you need to get rid of!) and seasonings; bring to a boil. Reduce heat slightly and cook uncovered until vegetables are tender (10 minutes). Cook longer for a thicker soup if preferred. Cook gluten free macaroni in boiling salted water until tender and firm, drain and add to soup. Best to keep the noodles separate if you intend to store the left-overs for another day.

****Note: Some dietary restrictions may warrant leaving out the carrot and noodles, which is no problem!!