

Winter Minestrone

- Yield: 8 Servings

Ingredients

- 1 pound uncooked Italian or pork sausage links, cut into 3/4-inch slices
- 2 1/2 cups peeled winter squash, such as butternut squash, cut into 1-inch cubes
- 1 1/2 cups cubed potatoes
- 2 medium fennel bulbs, trimmed and cut into 1-inch pieces
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 15 - ounce can red kidney beans, rinsed and drained
- 1/2 teaspoon dried sage, crushed
- 4 cups chicken broth or vegetable broth
- 1 cup dry white wine
- 4 cups chopped kale or fresh spinach

Preparation

1. In a large skillet cook the sausage until brown; drain well.
2. In a 5- to 6-quart crockery cooker place squash, potatoes, fennel, onion, garlic, beans, and sage. Top with sausage. Pour broth and wine over all.
3. Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Stir in kale or spinach. Cover and cook 5 minutes more. Makes 8 servings

Calories: 315

Fat: 14g

Carbohydrate: 27g

Sodium: 933mg

Saturated fat: 5.0g

Fiber: 14g

Protein: 16.0g

Cholesterol: 38 mg

