

Tomato Soup with Sausage, Peppers & Potatoes



- 1 teaspoon vegetable oil
 - 8 ounces Italian sausage, cut in 1-inch slices
 - 1 tablespoon vegetable oil
 - 5 cloves garlic, finely chopped
 - 4 medium yellow onions, coarsely chopped
 - 4 large bell peppers, seeded and chopped
 - 1/2 teaspoon pepper
 - 3 14-1/2 ounce cans diced tomatoes, undrained
 - 4 cups water
 - 3 large red potatoes, peeled and cut in 1-inch cubes
 - 1 tablespoon fennel seeds
 - 1 large bay leaf
1. Heat 1 teaspoon oil in a large pot over medium heat. Sauté sausage until thoroughly cooked. Remove from pan and set aside. Wipe out pan.
 2. Heat 1 tablespoon oil in same pan over medium heat. Add garlic, onions, bell peppers and pepper. Stir well. Cook, covered, 10 to 12 minutes, stirring occasionally, until vegetables have softened.
 3. Stir in undrained tomatoes, water, potatoes, fennel seeds and bay leaf.
 4. Bring to a full boil, then simmer, covered, about 30 minutes, until potatoes are just tender. Stir occasionally. Add cooked sausage. Cover and continue to simmer 30 minutes, stirring occasionally.

Yield: 8 servings.

Nutrition Facts	
Serving Size: about 1/8 of recipes	
Servings per recipe: 8	
Amount Per Serving	
Calories 224	Calories from fat 108

Value	% Daily
Total Fat 12g	18%
Saturated fat 4g	18%
Cholesterol 22mg	7%
Sodium 562mg	23%
Carbohydrate 25g	8%
Dietary Fiber 3g	11%
Protein 7g	15%
Vitamin A: 26%	Vitamin C: 145% Folacin: 11%
Calcium: 8%	Iron: 10% Potassium: 24%

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