

Hearty Winter Soup

This recipe is part of the **Feast for the Eyes®** collection

- 1 tablespoon canola oil
- 1/2 pound sweet sausage
- 1/2 pound hot sausage
- 3 leeks, white, light green (washed, dried, sliced)
- 3 cloves garlic, minced
- 3 carrots, peeled and sliced
- 2 ribs of celery with leaves, sliced
- 4 cups shredded cabbage (1/2 medium heat)
- 1 pound Roma tomatoes, chopped
- 2 cups butternut squash, diced medium
- 1 teaspoon dry thyme
- 1 teaspoon dry oregano
- 1 15-ounce can chickpeas, drained and rinsed
- 6 cups chicken broth
- 4 cups water
- 1/2 teaspoon kosher salt
- 1/4 teaspoon fresh ground pepper
- 2 cups cheese tortellini
- 1/4 cup fresh parsley, chopped
- 2 tablespoons fresh basil chiffonade
- 1/2 cup shaved pecorino Romano cheese for garnish





Heat the canola oil in a large soup pot over medium heat.

Add the sausage, leeks and garlic and cook 3-5 minutes.

Add the carrots, celery, cabbage, tomatoes, squash, herbs, beans, broth, water, salt and pepper.

Bring to a boil, then reduce heat to low and simmer for 30 minutes.

Add the tortellini and cook 8 minutes (or according to package instructions).

Stir in the parsley, and ladle into bowls, topped with basil chiffonade and Romano.

Nutritional Profile (per serving, including cheese garnish)

Serves 6

Calories: 585

Total fat: 23 g

Saturated fat: 7 g

Protein: 32 g

Carbohydrates: 66 g

Fiber: 14 g

Sugars: 13 g

Cholesterol: 60 mg

Sodium: 2,158 mg

Vitamin A: 11,728 IU

Vitamin C: 58 mg

Vitamin E: 3.5 IU

Zinc: 3.5 mg

Beta-carotene: 5,371 mcg

Lutein and zeaxanthin: 996 mcg

Omega-3 fatty acids: 0 g

Hearty Winter Soup Shopping List

- Canola oil
- 1/2 pound sweet sausage
- 1/2 pound hot sausage
- 3 leeks
- Garlic
- Carrots
- Celery
- Cabbage
- 1 pound Roma tomatoes
- Butternut squash
- Dried thyme
- Dried oregano
- 1 15-ounce can chickpeas
- 48 oz chicken broth
- 16 oz cheese tortellini
- Fresh parsley
- Fresh basil
- Fresh Romano cheese
- Kosher salt
- Fresh black pepper