

# **Chicken and Sausage Soup**

Courtesy of Carole's Creations

Prep Time: 8 minutes

Cooking Time: 1 hour 15 minutes

Serves: 8 – 10 servings

**CChints:** Butter Peas can be found in the frozen vegetables at the larger super centers. You can substitute 1 can each of pinto beans and black beans, rinsed and drained.



- 1 pound boneless, skinless chicken breasts or thighs
- 1 -14 ounce package reduced fat Smoked Turkey sausage (2 large links per pkg.)
- 1 tablespoon olive oil
- 1 medium yellow onion, chopped
- 1 red bell pepper, diced
- 3 teaspoons garlic, fresh or from a jar
- 1 can Northern beans
- 2 cups frozen Butter peas, thawed
- 14 ounce can diced tomatoes
- 1 Tablespoon dried thyme leaves
- 2 Tablespoons Carole's Seasoning blend (see below)
- 49 ounce can low-sodium, reduced fat chicken broth
- Salt and pepper to taste

Heat the oil in a 6 quart soup pot or dutch oven over medium high heat. Cut chicken into bite-size pieces and add it to the pot. Wash your hands, utensils and cutting surface that touched the chicken. Stir the chicken and slice the sausage lengthwise and then into bite size pieces. Add the sausage to the pot and stir and cook for 8 minutes. During this time, cut the onion and pepper and add them in along with the garlic. Cook 5 more minutes, stirring occasionally. Add the rest of the ingredients to the pot and bring to a boil. Cover and reduce heat to simmer for 1 hour. Serve with saltines and pickles.

Carole's Seasoning Blend – makes 1/3 cup

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|----------------------------|--------------------|
| 1 T + 1 tsp smoked paprika | 1 T salt           |
| 1 T chili powder           | 1 tsp black pepper |
| 1 tsp cumin                | 1 T garlic powder  |
| 1 T onion powder           | 1 tsp dried thyme  |
| 1 T dried oregano          | 1 tsp dried basil  |

Combine all ingredients thoroughly and store in an airtight jar or container in a dark location. Herbs will last long in a dark area. You can use this in a variety of recipes, like soups.

T = Tablespoon

tsp = teaspoon