

Recipe

SAMMinistries

Winter Minestrone

TITLE

SAMMinistries

FROM THE KITCHEN OF

NOTES

This dish can be frozen after being cooked for up to a month.

SERVES 4

PREP TIME 5 minutes

TOTAL TIME 30 minutes

INGREDIENTS

Cutting board
Large stock pot with lid
Chef's knife
Wood or plastic mixing spoon
Wood or plastic spatula
4 bowls (for serving)
4 spoons (for serving)

Can of corn drained
Can of green beans drained
Jar of pasta sauce
Two cups of dried pasta (any shape)
1 pre-cooked turkey sausage sliced
4 cups of chicken stock
1 Table spoon of olive oil
Salt to taste
Pepper to taste
Red pepper flakes to taste

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1 pre-cooked turkey sausage sliced
4 cups of chicken stock
1 Table spoon of olive oil
Salt to taste
Pepper to taste
Red pepper flakes to taste

DIRECTIONS

1. Slice the turkey sausage into 1/4 inch thick rounds.
2. Warm 1 tablespoon of olive oil over medium high heat in your stock pot. Add the sausage to the pot and toss to cover. Brown the sausage stirring occasionally for 5 minutes.
3. Add chicken stock, pasta sauce, corn and green beans to the pot. Place the lid on the pot. Cook, stirring occasionally for 10 minutes.
4. Add the pasta to the pot and cook for 10 more minutes, stirring occasionally.
5. Add salt, pepper and red pepper flakes to taste.
6. Serve and enjoy!

Tip: Canned vegetables can be replaced for frozen or fresh mixed vegetables. Sausage can be replace for red beans to make the dish vegetarian.

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