



Italian Sausage Soup

2 garlic cloves
2 yellow onions
3 medium carrots
1 stalk celery
2 tablespoons olive oil
1 pound ground Italian sausage
1 teaspoon dried basil
1 teaspoon dried rosemary
1/4 teaspoon dried crushed red pepper
1/4 teaspoon dried sage
1 (14.5 ounce) can canned diced tomatoes
1 (16 ounce) can kidney beans
5 cups chicken broth
1 cup uncooked pasta shells

1. Remove the outer skin from the garlic and onion. **Scrub the garlic, onions, carrots, and celery with a vegetable brush while holding under cold running water. Chop the garlic, onions, and celery on your produce cutting board. Slice the carrots on your produce cutting board.**
2. In a large pot, heat the oil over medium high heat. Add the sausage and cook 8-10 minutes or until thoroughly cooked, stirring frequently. **Be sure to wash your hands after handling the raw pork sausage.**
3. Stir in the onions, carrots, celery, garlic, basil, rosemary, red pepper, and sage to the pot and continue cooking for 10 minutes, stirring occasionally.
4. Mix in tomatoes, and cook until heated through. Open and drain the can of kidney beans. Stir in the beans and broth and bring to a boil.



5. Reduce heat to low, and simmer 20 minutes. Stir pasta into soup, and continue cooking 10 minutes, or until pasta is al dente.

Additional Food Safety Notes Related To This Recipe

- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood.
- You should clean your refrigerator thoroughly once a week. Take everything out and place it in coolers with ice packs. Clean refrigerator surfaces with warm soapy water. Rinse with clean water. Allow to air dry or dry with paper towels. Wipe off containers before putting them back into the refrigerator. This is also a good time to throw out old leftovers or outdated food items.
- Keep food out of the “Danger Zone”.
 - Crock pots and slow cookers can be used to keep your soup at a safe temperature.
 - You have 1 hour to put any leftovers into the refrigerator.
- When storing leftovers, divide into small portions and place into a clean, airtight, shallow storage container. Do not forget to label the container with the name and the date, and store in a refrigerator that is 40°F or below.
- When reheating leftover soup, use a cooking thermometer. Reheated soup needs to reach a temperature of 165°F.

Recipe Source

http://allrecipes.com/recipe/italian-sausage-soup-ii/detail.aspx?event8=1&prop24=SR_Title&e11=italian%20garlic%20chicken&e8=Quick%20Search&event10=1&e7=Recipe%20Search%20Results