

Spicy Sausage and Clam Soup

Bill Cohen



Servings: 8

1 Onion, Chopped Fine
2 Ribs Celery, Chopped Fine
2 Carrots, Chopped Fine
1 Large Garlic Clove, Minced
2 Tablespoons Olive Oil
2 14 1/2 Oz. Cans Diced Tomatoes
5 Cups Clam Broth
1 Teaspoon Crushed Red Pepper
2 Pounds Healthy Choice Cooked Kielbasa, 1/4 inch thick slice
3 14 Oz. Cans Baby Clams
1/3 Cup Fresh Parsley, Minced

Cook Time:

1. In heavy skillet, brown the kielbasa in batches, and transfer to paper towels to drain.
2. In heavy kettle, cook the onion, celery, carrots, and garlic in the olive oil, until the vegetables are soft. Stir in the tomatoes with their juice, the clam broth, and the red pepper flakes. Simmer the mixture for 3 minutes.
3. Add the clams and their juices, the kielbasa, the parsley, and salt to taste. Bring to a rolling simmer. Serve hot.

Per Serving (excluding unknown items): 55 Calories; 4g Fat (55.0% calories from fat); 1g Protein; 6g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 21mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1/2 Fat.