

Potato and Sausage Soup



Servings: 12

8 medium new potatoes, peeled and cubed

3 large sweet onions, cut into small chunks

64 ounces salt free chicken broth

1 pound andouille sausage

Cook Time:

Combine the potatoes and the onions in the broth and cook until the potatoes are tender. While cooking the broth, brown the sausages in a heavy skillet, pricking them first so that the juices run out. Drain the fat from the skillet and remove the sausage casings. Cut into bite size pieces.

When the potatoes are tender, set aside some small potato chunks to be added to the soup later. Puree the remainder of the notes, onions, and broth in a blender until smooth.

When pureed, return the puree to the soup pan, add the sausage pieces and the reserved potato chunks, and heat until piping hot.

Serve.

This recipe was adapted by Barrie after having had a similar soup at a Virginia Beach restaurant.

Per Serving (excluding unknown items): 75 Calories; trace Fat (1.4% calories from fat); 2g Protein; 17g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Vegetable.