



## Spicy Kielbasa Soup Recipe

Red pepper flakes bring a little zip to this hearty soup that's full of good-for-you ingredients. Should you have any left over, this soup is great reheated, after flavors have had time to blend. I like to serve steaming bowls of it with rye bread.

**TOTAL TIME:** Prep: 15 min. Cook: 8 hours **YIELD:** 5 servings

### Ingredients

- 1/2 pound reduced-fat smoked turkey kielbasa, sliced
  - 1 medium onion, chopped
  - 1 medium green pepper, chopped
  - 1 celery rib with leaves, thinly sliced
  - 4 garlic cloves, minced
  - 2 cans (14-1/2 ounces each) reduced-sodium chicken broth
  - 1 can (15-1/2 ounces) great northern beans, rinsed and drained
  - 1 can (14-1/2 ounces) stewed tomatoes, cut up
  - 1 small zucchini, sliced
  - 1 medium carrot, shredded
  - 1 tablespoon dried parsley flakes
  - 1/4 teaspoon crushed red pepper flakes
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- 1/4 teaspoon pepper

### Directions

1. In a nonstick skillet, cook kielbasa over medium heat until lightly browned. Add the onion, green pepper and celery; cook and stir for 3 minutes. Add garlic; cook 1 minute longer.
2. Transfer to a 5-qt. slow cooker. Stir in the remaining ingredients. Cover and cook on low for 8-9 hours or until vegetables are tender. **Yield:** 5 servings.

### Nutritional Facts

1-1/2 cups: 194 calories, 2g fat (0 saturated fat), 16mg cholesterol, 1187mg sodium, 32g carbohydrate (0 sugars, 7g fiber), 14g protein.