

Parmesan Topped Sausage Soup

Ingredients:

- 1/2 lb Italian pork sausage
- 1 cup fresh carrots, sliced
- 1 large baking potato, peeled and cubed
- 1 garlic clove, minced
- 2 (14 oz) cans beef broth
- 1 (15 oz) can chickpeas, drained
- 1 (14.5 oz) can tomatoes
- 1 1/2 cups water
- 1/2 teaspoon Italian seasoning
- 1 bay leaf
- 1 cup zucchini cut julienne style
- 1/2 cup Parmesan cheese, grated

Preparation:

Place the sausage in a skillet over medium heat.
Brown the sausage about 7 minutes or until no longer pink stirring often for even browning.
Drain the sausage well in a colander and pat excess grease off with a paper towel.
Place the drained sausage into the bottom of the crock pot.
Add in the carrots, potatoes and garlic.
Pour the beef broth into the crock pot and stir to mix with the meat and vegetables.
Add in the chickpeas, tomatoes with the juice and the water.
Sprinkle in the Italian seasoning and add the bay leaf.
Stir again to be sure all the ingredients are combined together well.
Cover and cook on low heat for 8 1/2 hours.
Remove the bay leaf and stir in the zucchini.
Cover and continue cooking 25 minutes or until the zucchini is tender.
Sprinkle the top with the Parmesan cheese just before serving.

Serving Size: 6

Baking potatoes have low moisture and high starch content. Due to this they work well when cooking for longer periods of time.