



# Sausage and Barley Soup

6 oz. turkey breakfast sausage	¼ cup uncooked, quick-cooking barley
2 ½ cups frozen bell peppers	1 cup coarsely chopped fresh baby spinach
2 cups water	
14.5 oz. can, Italian-styled stewed tomatoes	

## Directions

1. Wash hands with soap and water. Heat a large saucepan over medium-high heat. Add sausage and cook 3 minutes or until browned.
2. Remove from heat. Place frozen peppers and 2 cups water in a blender; process until smooth.
3. Add pepper puree, tomatoes, and barley to sausage in pan. Bring mixture to a boil. Reduce heat and cover. Simmer 10 minutes.
4. Stir in spinach; cook 1 minute or until spinach wilts. **Yield:** 6 Servings

**Nutrition Facts** (per serving): *130 calories, 5 grams fat, 340 milligrams sodium, 14 grams carbohydrate, 3 grams fiber, 6 grams protein*