Hearty Italian Sausage Soup for 4

Serve with Bread that you have created!

1/6 onion,

1/2 stalk celery, finely chopped

1/2 carrot

1 Italian sausage

2 mL basil

2 mL oregano

garlic

500 mL water

1 cube stock

80 mL white beans

400 mL tomatoes, broken up

80 mL quinoa

Handful of spinach

1. Saute onion and celery in a drizzle of oil. Add uncooked Italian sausage that has been removed from its casing, cook until no pink remains.
2. Add garlic, cook briefly.
3. Add water, stock cube, beans, tomatoes and quinoa. Cook until quinoa is tender, then let simmer until bread is ready.
4. Spoon into bowls, top with spinach.