

# Italian Zucchini and Sausage Soup

6 servings

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*This simple soup comes from my mother-in-law and sister-in-law. It's a great family favorite that's both simple and hearty, especially when served with buttered bread and a green salad. It is one of those soups that we would be happy to eat every week.*

1 pound/450 grams mild bulk Italian sausage (pork, turkey, or chicken; remove from casings, if necessary)

4 cups/.9 liters chicken or beef stock

3 medium garlic cloves, peeled and finely minced

4–6 sticks celery, trimmed and thinly sliced

5 medium zucchini squash, halved and thinly sliced

1 onion, peeled and chopped

2 cups/475 ml diced tomatoes, canned or fresh

1 teaspoon Italian seasoning

1 teaspoon dried oregano

½ teaspoon dried basil

1 teaspoon unrefined salt (less if using store-bought stock)

Ground pepper

1. Brown the sausage in a large pot over medium heat. If you're using turkey or chicken sausage, you will probably need to use a little bit of fat or oil to prevent it from sticking.
2. Add all of the rest of the ingredients to the cooked sausage and bring the soup to a boil over high heat.
3. Turn the heat to low and simmer, covered, for 20–30 minutes or until the vegetables are soft.
4. Salt and pepper to taste and serve. This soup, like most, is even better after a night in the refrigerator.



*Quick Recipe*  
**GLUTEN-FREE**  
*Grain-free*  
**GAPS-friendly**  
**DAIRY-FREE**  
*Budget-Friendly*