

Winter Minestrone
from Laurie Donaldson

Makes 8 servings

Prep: 40 minutes

Cook: 4-5 hours plus 5 minutes

Ingredients:

1 lb. uncooked Italian sausage cut into ¾-inch slices.

2-1/2 cups peeled yams, cut into 1-inch cubes

2 cups cubed white potatoes

1 large onion, chopped

2-3 large carrots, peeled and sliced

2-3 tsp. minced garlic

1 15-ounce can red kidney beans, rinsed and drained

1 15-ounce can diced tomatoes

½ tsp. dried sage, crushed

1 tbsp. Nature's seasoning

1 quart chicken broth

1 cup dry white wine

4 cups chopped kale or frozen spinach

Directions:

In a large skillet, cook the sausage until brown. Drain well. In a 5-6 quart crock pot, place cooked sausage, yams, potatoes, onion, carrots, garlic, beans, tomatoes and seasonings. Pour broth and wine over all. Cover and cook on high-heat setting for 4-5 hours. Stir in frozen spinach. Cover and cook 5 minutes more.