



# Sausage and Barley Soup

Cooking Light “Fresh Food Fast” 2009

## Ingredients (4 servings – 1 1/2 cups each)

- 6 ounces lean turkey breakfast sausage (Shadybrook Farm)
- 2 1/2 cups frozen bell pepper stir-fry
- 1 (14 1/2-ounce) can Italian-style stewed tomatoes, undrained and chopped
- 1/4 cup uncooked quick-cooking barley
- 1 cup coarsely chopped fresh baby spinach

## Directions

1. Heat a large saucepan over medium-high heat. Coat pan with cooking spray. Add sausage; cook 3 minutes or until browned. Remove from heat.
2. While sausage cooks, place stir-fry and 2 cups water in a blender; process until smooth. Add stir-fry puree, tomatoes, and barley to sausage in pan. Bring mixture to a boil over high heat; cover, reduce heat to low, and simmer 10 minutes. Stir in spinach; cook 1 minute or until spinach wilts.