



Your bowl awaits a
tasty soup to excite
your palette!

Bon Appetit!

ITALIAN WEDDING SOUP

Ingredients:

- 1 tablespoon butter
- 2 cloves garlic, minced
- 1/2 cup (or more) chopped onion
- 12 cups chicken broth
- 1 lb. Italian sausage (hot or mild)
- 1/2 cup rice pasta
- ground pepper
- 1 pkg. (10 oz.) frozen spinach

Serves 8

Directions:

1. Thaw and drain spinach and set aside.
 2. Saute onion and garlic in butter until tender, set aside
 3. Brown sausage and drain thoroughly
 4. In a large saucepan add chicken broth, sausage, garlic, pepper and onion
 5. Bring to a boil and add rice pasta, simmer for 10 minutes
 6. Add spinach and pepper, simmer 15 minutes
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Allergy & Environmental Treatment Center provides quality care to individuals suffering from a variety of debilitating symptoms associated with food, environmental and chemical allergies.

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Sincerely,

Sharon Gwozdek, R.N., B.S.N
Allergy & Environmental Treatment Center