
Sausage and Chile Soup

Adapted from an online recipe



10 ounces red enchilada sauce
3 medium leeks, chopped, rinsed
2/3 cup yellow onion, diced
2/3 cup carrot, peeled, diced
2/3 cup celery, diced
15 ounces black beans, drained, rinsed
4 ounces diced green chiles
10 1/2 ounces canned diced tomatoes
4 teaspoons chili powder (or less to taste)
1 tablespoon ground cumin
2 tablespoons fresh cilantro
4 cups low sodium chicken broth
3/4 pound Italian sausage, cut in small pieces (or use chicken Italian sausage)
4 ounces cream cheese, softened
1/4 cup heavy cream
Optional toppings: pepper-jack cheese, sour cream, fresh lime wedges, more cilantro, maybe some tortilla chips

Per Serving (excluding unknown items): 558 Calories; 25g Fat (40.6% calories from fat); 30g Protein; 54g Carbohydrate; 12g Dietary Fiber; 80mg Cholesterol; 1115mg Sodium. Exchanges: 2 1/2 Grain(Starch); 2 1/2 Lean Meat; 2 Vegetable; 0 Non-Fat Milk; 4 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 7

1. In a large soup or stock pot pour in the red enchilada sauce, chopped leeks, onion, carrot, celery and drained and rinsed black beans. Add the undrained diced fire-roasted green chiles, canned tomatoes, chili powder, cumin, coarsely chopped fresh cilantro, and chicken broth or stock.
2. Bring to a boil, cover, reduce heat to a simmer and cook for about 30-45 minutes.
3. Chop the cream cheese into small cubes and add to the soup, stirring until it's completely melted and smooth. Use a whisk if necessary (or whiz it up in the blender with some of the soup broth and add back in).
4. Add the raw Italian sausage and allow soup to simmer for about 15 minutes until it's cooked through. Taste for seasonings and add salt or pepper if needed. Add the heavy cream and bring to a simmer. Serve with desired toppings.