

## Sausage, Hominy, Rice & Beans Soup

### Ingredients:

6 links mild Italian sausage(cooked)  
1/4 cup shallot  
1/3 cup green onion  
1 oz garlic  
1/2 cup leeks  
1 cup celery  
8 oz mild salsa  
8 cups water  
1/2 cup brown rice (dry)  
1 15oz can white beans (rinsed)  
1 15oz can black beans (rinsed)  
1 15oz can hominy (rinsed)



### Optional ingredients:

Mushrooms  
Parsley  
Cilantro

### Substitutions:

Cooked/shredded  
Chicken or Pork

### Directions:

Slice and dice all vegetables. Sautee onions, garlic and leeks to soften. Slice cooked sausage into bite size pieces. Combine all ingredients except canned items and cook about 45 minutes until rice is done. Rinse all canned ingredients and add to soup. Simmer for a few minutes to blend flavors.

Serving Size: 1 cup

### Nutrition:

Calories: 290	Fat: 10
Carbs: 33	Fiber: 7
Sugar: 2	Protein: 18