USOC SPORTS NUTRITION

Ingredients

Preparation time: 45 minutes

Servings: 16

Cost: $

Step 1: Vegetables
1 lg. white onion (2 cups)
½ bunch celery (2 cups)
½ lb. carrots (1.5 cups)
1 head of garlic

Step 2: Building Flavor
1.5 lbs. Italian chicken sausage
1 Tbsp. olive oil
3 Tbsp. dry Italian herbs

Step 3: Texture & Finish
4 - 32 oz. cans of broth
     (vegetable or chicken)
2 - 28 oz. cans diced tomatoes
½ lb. parsnips (1.5 cups)
½ lb. fingerling potatoes

Step 4: Garnish
½ lb. fresh spinach
8 oz. low fat (part skim)
     mozzarella cheese
1 loaf whole grain bread

Directions

1) Dice the vegetables in step 1 into ½ inch x ½ inch cubes. Dice the garlic slightly smaller (¼ inch x ¼ inch). Mix and set aside

2) In a large pot, add olive oil and squeeze the sausage from it's casing, breaking the meat into pieces into the pot. Once cooked, remove from pot but leave any drippings and add diced vegetables. Stir every 2-3 minutes for 15 minutes, until soft. Add herbs and sausage and cook for an additional 5 minutes.

3) Add the broth and canned tomatoes. Slice the fingerling potatoes into rounds. Cut the parsnips to a similar size. Add them to the soup once it is almost boiling. Simmer on low for 1 hour to soften the potatoes.

4) Garnish with ½ ounce of mozzarella (~6 cubes), a handful of torn spinach (~1 cup), & a slice of toasted bread on the side.

Cost per serving:
$ = < $5, $$ = $5-10, $$$ = > $10

Chicken Sausage Soup	
Amount	1 oz.
Calories	160
Fat (g) Sat. Fat (g)	5 2
Carb. (g) Fiber (g)	15 3
Protein (g)	13
Gluten free.	

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Cooking Tip

Not a sausage person? This soup would also be excellent with 1 lb. of cooked lentils, cannellini, navy, lima, garbanzo, or any combination of beans. Freeze half of the soup in single serving containers for an easy-to-defrost meal that can last up to 6 months in the freezer!

Performance Facts

Soup has benefits that exceed the nutrient composition of its ingredients. Overall, having soup for dinner or before dinner can help decrease your total calorie intake in a meal, since it is primarily liquid. It can also help to slow down the rate of eating due to its temperature, and it provides comforting aromas that are very pleasurable to the senses on a cold day.