

## Spicy Corn and Sausage Soup

### Feb 2013

#### INGREDIENTS:

1 package chicken apple sausage  
(Trader Joes)  
4 medium carrots, sliced  
4 medium celery ribs, sliced  
½ orange bell pepper diced  
½ green bell pepper diced  
½ yellow onion, large dice  
1 can pinto beans  
½ small can tomato paste  
2 C Chicken broth  
1 ½ C water  
3 T Olive oil  
1 1/3 C white wine like a Semillion  
Pinch oregano, cumin, coriander  
Salt and Pepper  
1 C roasted frozen corn (Trader Joes)  
¼ C each cilantro and Italian parsley  
Sriracha sauce to garnish



Heat dutch oven over medium high heat. Put in 1 T oil. Brown sausage for about 3 minutes. Remove. Add a little more oil. Add vegetables t oil, but not corn, season with salt and pepper, oregano, cumin, coriander, let cook til onions slightly transparent, about 3 minutes. Add wine scraping bits off bottom and deglazing pan. Let cook for 1 minute. Add chicken broth, water, put sausage back in. Add tomato paste. Cover and simmer on low for 30 – 40 minutes. Take off lid, add corn, parsley and cilantro and reheat until steaming, just until bubbles show. Serve with drizzle sriracha sauce on top.

©Photo and Recipes by Copyright, Camine Pappas, 2013