

Italian-style Sausage Soup

- Brown and pretty much cook a bunch of Italian-style sausages.
- Drain the oil and then remove the sausages from the pan.
- In the same pan, pour a couple tablespoons of olive oil and heat it up.
- Sauté a bunch of onions (cut in sections or rings or whatever you like) and a bunch of garlic (peeled and cut in pieces, but not grated or smashed). Add red bell-peppers if you like.
- When the veggies begin to get soft, put the sausages back in and add at least one big can of stewed tomatoes.
- Cook it for a while for flavors to blend and to ensure the sausage is thoroughly cooked.
- Then ... add in whatever additional source of tomato juice you wish -- more stewed tomatoes, a couple small cans of tomato sauce, etc. (Careful about salt; you may prefer to go low-salt on some of these.)
- And then ... add water to give the soup desired consistency, and then add pepper, and then, if you want, add a little bit of pili-pili or other ground red pepper