

# Potato and Sausage Soup

6 oz	Polish sausage	2 Tbs	flour
1 med	red onion (roughly chopped)	2 tsp	Hungarian paprika (mild)
2 cloves	garlic (minced)	1/2 cup	sour cream
2 med	carrots	1/2 cup	parsley
4 med	russet potatoes	1/2 cup	parsnips
5 cups	vegetable stock	1/2 cup	sour cream
3 med	bay leaves	1	teaspoon hot sauce
4 Tbs	oil		

- 1 Cut the sausage into slices on the bias. Add to a frying pan with the onion and garlic and enough oil to prevent them from sticking to the pan. Cook over medium heat until the sausage browns. Set aside
- 2 Peel the potato and carrot and cut into 1/2-inch pieces. Add them to a soup pot with the stock and bay leaves. Bring the pot to a boil.
- 3 Add the onions and sausage to the soup. After it returns to a boil reduce the pot to a simmer.
- 4 Add 4 tablespoons of olive oil and 2 tablespoons of flour to a pan and cook over medium heat for 1 - 2 minutes.
- 5 Once it is cool, combine with 1/2 cup of liquid from the soup and add the sour cream and paprika.
- 6 Return the mixture to the soup (slowly) and continue to cook until the vegetables are tender.
- 7 Top with parsley and serve with sour cream, white vinegar, and hot sauce

Servings: 6  
Yield: 6

## Degree of Difficulty

Degree of Difficulty: Very easy

## Cooking Times

Preparation Time: 20 minutes  
Cooking Time: 30 minutes  
Total Time: 50 minutes

## Nutrition Facts

Serving size: 1/6 of a recipe (15.1 ounces).  
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.  
Nutrition information calculated from recipe ingredients.



Amount Per Serving	
<b>Calories</b>	390.58
Calories From Fat (62%)	243.81
% Daily Value	
<b>Total Fat</b> 22.6g	<b>35%</b>
Saturated Fat 7.25g	<b>36%</b>
<b>Cholesterol</b> 42.58mg	<b>14%</b>
<b>Sodium</b> 400.74mg	<b>17%</b>
<b>Potassium</b> 1216.37mg	<b>35%</b>
<b>Total Carbohydrates</b> 39.78g	<b>13%</b>
Fiber 5.13g	<b>21%</b>
Sugar 11.59g	
<b>Protein</b> 9.49g	<b>19%</b>