

Tuscany Rice and Bean Soup  
(Inspired by recipe on USA Rice Federation Website)  
Makes about 10 bowls of soup

6 Cups GFCF Chicken Broth  
(I make with Herb Ox Sodium Free Chicken Bouillon)  
2 Cups GFCF Vegetable Broth  
(I make with Natural Groceries dried vegetable Stock)  
24 oz Tomato Sauce  
1 Cup uncooked Rice  
(I used Lundberg Gluten Free Wild Blend Rice)  
1 lb Italian Sausage (read ingredients to make sure it is wheat and dairy free)  
2 Cans Great Northern Beans, undrained  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/4 teaspoon oregano  
1/2 teaspoon dried minced garlic  
1 teaspoon onion powder



Cook Italian sausage and cut into bite sized pieces. Mix all of the ingredients in a large crockpot and cook on low for at least 5 hours. It can cook all day if you want.

<http://www.lincolntent.com/GlutenFreeCaseinFree-Crockpot.html>

and

<http://www.lincolntent.com/GlutenFreeCaseinFree-Soup.html>

and

<http://www.lincolntent.com/GlutenFreeCaseinFree-SausageRecipes.html>