

Sausage + Greens Soup

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/beans-greens-and-italian-sausage-recipe>

Ingredients:

- 2 italian sausage sweet or spicy, casings removed
- 1 onions medium, chopped
- 15 1/2 ounces garbanzo beans drained and rinsed
- 8 cups greens e.g. kale, spinach, spring mix
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon italian seasoning
- 1/8 teaspoon red pepper flakes optional
- 4 cups chicken broth

Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 75 grams
3. Cholesterol: 45 milligrams
4. Fat: 30 grams
5. Fiber: 21 grams
6. Protein: 35 grams
7. SaturatedFat: 8 grams
8. Sodium: 960 milligrams
9. Sugar: 14 grams

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