

Easy Italian Potato Soup

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-italian-potato-tomato-casserole>

Ingredients:

- 3 tablespoons olive oil
- 1/2 cup carrot chopped, 64 grams
- 1/3 cup celery chopped, 35 grams
- 1/3 cup onion minced, 43 grams
- 4 1/2 cups potatoes medium cubed, 595 grams
- 3/4 cup tomatoes canned pelati, chopped, 200 grams
- 3 cups vegetable broth 735 grams
- 2 dashes pepper flakes or black pepper, if desired
- salt unchecked?
- 1/2 teaspoon oregano
- 1/2 teaspoon basil
- 4 tablespoons freshly grated Parmesan cheese
- 2 teaspoons freshly chopped parsley

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 5 milligrams
4. Fat: 12 grams
5. Fiber: 5 grams
6. Protein: 6 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1030 milligrams
9. Sugar: 6 grams

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