

Polish Sausage Soup

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/homemade-fresh-polish-sausage-recipe>

Ingredients:

- 2 onions large, sliced
- 2 tablespoons olive oil
- 2 garlic cloves thinly sliced
- 7 ounces polish sausages Kabanos, chopped
- 1 teaspoon paprika sweet or smoked
- 7 1/3 tablespoons brown basmati rice
- 1 tablespoon thyme chopped
- 16 15/16 cups beef stock strong-flavoured
- 3 carrots thickly sliced
- 2 3/4 cups kale shredded

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 35 milligrams
4. Fat: 22 grams
5. Fiber: 4 grams
6. Protein: 31 grams
7. SaturatedFat: 6 grams
8. Sodium: 2490 milligrams
9. Sugar: 15 grams

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