

# Healthy Italian Turkey Sausage Soup

Yield: 5 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-sweet-italian-turkey-sausage-recipe>

## Ingredients:

- 3 cloves garlic minced
- 1 onion small, diced
- 1 1/4 pounds sweet Italian turkey sausage low fat, casings removed
- 5 cups chicken broth
- 1 1/2 cups great northern beans undrained
- 2 zucchini small, diced
- 2 carrots unpeeled diced
- 28 ounces diced tomatoes can roasted, drained
- 2 small potatoes diced
- 1/4 teaspoon pepper
- salt to taste
- 1/2 teaspoon crushed red pepper or more to taste
- 1/2 cup whole wheat pasta
- 2 cups kale chopped dinosaur, lacinato
- grated Parmesan cheese Freshly

## Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 65 milligrams
4. Fat: 14 grams
5. Fiber: 10 grams
6. Protein: 32 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 1370 milligrams
9. Sugar: 13 grams

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