

# Hot Italian Sausage Soup

Yield: 8 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/texas-stew-recipe-with-hot-italian-sausage>

## Ingredients:

- 1 pound hot Italian sausage no sugar added
- 1 onion diced
- 2 bell peppers diced
- 4 cups tomato sauce no sugar added
- 4 cups chicken stock
- 1 cup water
- 2 sweet potatoes medium white, diced
- 2 tablespoons italian seasoning
- 1 tablespoon garlic powder
- 1 teaspoon salt real
- 1/2 teaspoon crushed red pepper according to taste

## Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 50 milligrams
4. Fat: 23 grams
5. Fiber: 6 grams
6. Protein: 15 grams
7. SaturatedFat: 8 grams
8. Sodium: 1430 milligrams
9. Sugar: 16 grams

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