

Creamy Italian Sausage and Potato Soup

Yield: 7 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-chicken-and-potato-soup>

Ingredients:

- 2 tablespoons olive oil
- 1 large onion diced
- 3 cloves garlic minced
- 1 pound Italian pork sausage ground, local, pasture-raised and free from hormones and antibiotics
- 8 cups organic chicken broth low sodium
- 5 russet potatoes small, washed and cut into 1 inch cubes with the skins still on
- 1/2 cup fresh basil roughly chopped
- 1/2 cup fresh parsley roughly chopped
- 1 teaspoon red pepper flakes more if you like spicy
- 1/4 teaspoon freshly ground black pepper
- 1/2 teaspoon kosher salt
- 1 cup half and half organic
- 2 cups spinach coarsely cut
- 1/4 cup freshly grated Parmesan cheese

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 65 milligrams
4. Fat: 32 grams
5. Fiber: 2 grams
6. Protein: 21 grams
7. SaturatedFat: 11 grams
8. Sodium: 810 milligrams
9. Sugar: 2 grams

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