

Italian Sausage Kale Soup

Yield: 8 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-kale-and-cannellini-soup-recipe>

Ingredients:

- 1 tablespoon olive oil
- 1 yellow onion diced
- 2 carrots diced
- 2 celery stalks diced
- 3 garlic cloves minced
- 1 pound Italian turkey sausage
- 28 ounces tomatoes diced, canned
- 1 tablespoon Italian seasoning
- 2 teaspoons red chili flakes optional
- 15 ounces cannellini beans canned, drained and rinsed
- 1 pound kale stem removed, roughly chopped

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 30 milligrams
4. Fat: 8 grams
5. Fiber: 4 grams
6. Protein: 15 grams
7. Sodium: 580 milligrams
8. Sugar: 6 grams

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