

Italian Sausage Minestrone

Yield: 13 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-recipe-beans-onions>

Ingredients:

- 1 pound mild Italian sausage I used hot turkey sausage
- 2 large carrots chopped
- 2 celery ribs chopped
- 1 onion medium, chopped
- 6 garlic cloves minced
- 3 tablespoons olive oil
- 7 cups reduced sodium chicken broth
- 30 ounces beans cannellini
- 29 ounces fire roasted tomatoes
- 2 bay leaves
- 1 tablespoon italian seasoning
- 1 tablespoon tomato paste
- 1 cup ditalini pasta
- shredded Parmesan cheese

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 25 milligrams
4. Fat: 14 grams
5. Fiber: 4 grams
6. Protein: 9 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 660 milligrams
9. Sugar: 3 grams

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