

Winter Minestrone with Swiss Chard and Sausage

Yield: 7 min
Total Time: 90 min

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

Ingredients:

- 3/4 pound italian sausage sweet or mild
- 1 tablespoon olive oil
- 1 red onion diced
- 4 cloves garlic minced
- 3 carrots sliced
- 8 ounces baby bella mushrooms sliced
- 2 celery ribs sliced
- 14 1/2 ounces diced tomatoes cans
- 6 cups chicken Pacific Naturals, or Vegetable Broth
- 3 cups water
- 1 can tomato paste
- 2 bay leaves
- 1 stem fresh rosemary needles removed and minced, about 1/4 - 1/2 teaspoon
- 1/2 teaspoon fresh thyme leaves
- 1/2 teaspoon fresh oregano minced
- 1 cup red kidney beans dark
- 1 cup cannellini beans
- salt
- pepper
- 1 bunch chard swiss, leaves, chopped, stems discarded
- 2 cups shells uncooked medium, or ditalini pasta

Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 160 milligrams
4. Fat: 24 grams

5. Fiber: 5 grams
 6. Protein: 57 grams
 7. SaturatedFat: 8 grams
 8. Sodium: 880 milligrams
 9. Sugar: 8 grams
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