

Creamy Italian Sausage and Chickpea Soup

Yield: 6 min
Total Time: 75 min

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

Ingredients:

- 2 tablespoons olive oil
- 1 medium onion diced
- 3 medium carrots peeled and diced
- 5 cloves garlic diced
- 1/2 teaspoon kosher salt
- 4 cups chicken stock low or no sodium
- 12 ounces sweet Italian sausage or a mix of sweet and hot
- 1/4 cup bourbon or brandy
- 30 ounces chickpeas drained and rinsed
- 1 teaspoon dried oregano or 2 tsp fresh
- 1/2 teaspoon dried thyme or 1 tsp fresh
- 1 bunch broccolini cut into bite sized pieces
- 1/2 cup heavy cream
- kosher salt
- black pepper

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 55 grams
3. Cholesterol: 55 milligrams
4. Fat: 21 grams
5. Fiber: 11 grams
6. Protein: 25 grams
7. SaturatedFat: 8 grams
8. Sodium: 1370 milligrams
9. Sugar: 8 grams

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