

Italian Sausage and Swiss Chard Soup

Yield: 8 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-chard-sausage-cannellini-soup-recipe>

Ingredients:

- 12 cups chicken stock
- 1 pound italian sausages Mild
- 30 ounces cannellini beans
- 5 stalks rainbow chard chopped
- 1 onion Large, fine dice
- 4 garlic cloves peeled and minced
- 5 tablespoons olive oil
- salt
- pepper
- 1 cup pearl barley
- 2 Parmesan rinds

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 60 milligrams
4. Fat: 33 grams
5. Fiber: 5 grams
6. Protein: 32 grams
7. SaturatedFat: 9 grams
8. Sodium: 1160 milligrams
9. Sugar: 8 grams

Thank you for visiting our website. Hope you enjoy Italian Sausage and Swiss Chard Soup above. You can see more 15 swiss chard sausage cannellini soup recipe Savor the mouthwatering goodness! to get more great cooking ideas.