

Italian Sausage Soup with White Beans and Spinach

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 1 pound sausage casing mild Italian, removed
- 1 Vidalia onion large, diced
- 2 garlic cloves minced
- 1 tablespoon Italian seasoning Blend I use Spice Islands
- 5 cups chicken stock
- 14 1/2 ounces diced tomatoes
- 15 1/2 ounces cannellini beans rinsed and drained
- 1/2 cup pasta small cut, I use DeLallo Ditallini
- 2 cups baby spinach
- grated Parmesan cheese for serving

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 10 milligrams
4. Fat: 6 grams
5. Fiber: 3 grams
6. Protein: 22 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 520 milligrams
9. Sugar: 11 grams

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