

Italian Sausage, Kale and White Bean Soup

Yield: 8 min
Total Time: 45 min

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

Ingredients:

- 2 tablespoons olive oil
- 1 pound italian sausage good quality, sliced
- 4 garlic cloves peeled and crushed
- 1 onion medium, peeled and chopped
- 2 celery stalks just over half the usual size, sliced
- 1 cup dry white wine may be subbed with extra Chicken broth
- 32 ounces low sodium chicken broth plus 1 cup Water, if needed
- 1 can white beans rinsed and drained
- 1 bunch kale fresh, washed, big stems removed then leaves cut or shredded up into pieces
- salt
- pepper
- grated Parmesan or your favorite cheese for sprinkling on top

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 45 milligrams
4. Fat: 23 grams
5. Fiber: 2 grams
6. Protein: 13 grams
7. SaturatedFat: 7 grams
8. Sodium: 610 milligrams
9. Sugar: 1 grams

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