

# Low Fat Turkey Italian Sausage Mixed Bean Soup

Yield: 8 min  
Total Time: 35 min

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

## Ingredients:

- 1/2 pound turkey Italian sausage low fat
- 2 tablespoons olive oil
- 1 medium onion diced small
- 2 cloves garlic
- 3 1/2 cups canned tomatoes diced
- 4 cups turkey stock low sodium
- 2 tablespoons dried oregano
- 2 bay leaves
- 3 medium carrots sliced
- 2 cups mixed beans canned, rinsed
- 1 cup bok choy chopped
- 1 pinch salt and pepper to season

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 20 milligrams
4. Fat: 7 grams
5. Fiber: 5 grams
6. Protein: 11 grams
7. Sodium: 640 milligrams
8. Sugar: 6 grams

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