

Italian Sausage Orzo Soup

Yield: 6 min
Total Time: 80 min

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

Ingredients:

- 1 tablespoon olive oil
- 1 onion large, diced
- 2 tablespoons minced garlic
- 4 carrots peeled and sliced into half moons - about 1/4 inch thick
- 2 celery ribs sliced about 1/4 inch thick
- 1 red bell pepper large, chopped
- 19 ounces italian sausage package, browned, cooked through and sliced into 1/2 inch slices
- 14 ounces fire roasted tomatoes
- 5 cups chicken broth
- 3 cups water
- 1 sprig fresh rosemary
- 1 sprig fresh thyme
- 14 ounces cannellini beans
- 2 ounces fresh spinach chopped
- 1 cup green beans sliced, about 1/2 inch in length
- 2/3 cup orzo pasta uncooked

Nutrition:

1. Calories: 720 calories
2. Carbohydrate: 71 grams
3. Cholesterol: 70 milligrams
4. Fat: 34 grams
5. Fiber: 21 grams
6. Protein: 37 grams
7. SaturatedFat: 10 grams
8. Sodium: 860 milligrams
9. Sugar: 7 grams

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