

# Italian Sausage and Potato Soup

Yield: 10 min  
Total Time: 70 min

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

## Ingredients:

- 1 can crushed tomatoes
- 1 pound Italian sausage
- 2 teaspoons minced garlic
- 1/2 onion diced
- 7 cups beef broth
- 1 1/2 cups water
- 1 teaspoon dried basil
- 1 teaspoon oregano
- 1/4 teaspoon celery seed
- 1/4 teaspoon pepper
- 3 tablespoons fresh parsley
- 1 tablespoon dried parsley
- 2 cups cabbage chopped
- 2 cups zucchini shredded
- 2 cups potatoes diced
- 1 cup carrots chopped
- cabbage optional
- shredded Parmesan cheese optional

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 35 milligrams
4. Fat: 14 grams
5. Fiber: 2 grams
6. Protein: 9 grams
7. SaturatedFat: 5 grams
8. Sodium: 900 milligrams
9. Sugar: 2 grams

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