

Italian Sausage, Tomato, and Macaroni Soup with Basil

Yield: 7 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-chinese-macaroni-soup-recipe>

Ingredients:

- 8 cups homemade chicken stock or use 5 cans chicken broth
- 1 teaspoon dried basil
- 1 teaspoon fennel ground
- 2 cans tomatoes with juice petite dice
- 1 tablespoon olive oil
- 1 package italian sausage 5 links/19.5 oz. hot or sweet turkey
- 1 onion chopped into small dice
- 1 tablespoon minced garlic or less if you're not that fond of garlic
- 1 cup macaroni use Dreamfields Macaroni or whole wheat macaroni for South Beach diet
- 1/4 cup fresh basil chopped, or 2 T chopped frozen basil
- grated Parmesan cheese freshly, for serving, optional

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 10 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams
6. Protein: 12 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 510 milligrams
9. Sugar: 8 grams

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