

# Italian Sausage Soup

Yield: 6 min  
Total Time: 36 min

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

## Ingredients:

- 1 pound Italian sausage mild or spicy casings removed
- 3 large carrots peeled and diced
- 1 medium onion peeled and diced
- 2 rib celery sliced
- 1 red bell pepper finely chopped
- 2 teaspoons minced garlic
- 1 1/2 teaspoons Italian seasoning
- 1 1/2 teaspoons salt
- 7 cups low sodium chicken broth
- 1 1/2 cups ditali or another small pasta, dry
- 1 cup spinach fresh, chopped
- freshly grated Parmesan to serve

## Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 60 milligrams
4. Fat: 28 grams
5. Fiber: 2 grams
6. Protein: 19 grams
7. SaturatedFat: 9 grams
8. Sodium: 1340 milligrams
9. Sugar: 4 grams

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