

Italian Butternut Squash Soup

Yield: 4 min
Total Time: 60 min

Recipe from: [https://www.recipeschoose.com/recipes/italian-sausage-soup-recipe](https://www.recipeschoose.com/recipes/italian-sausage-squash-soup-recipe)

Ingredients:

- 1 cup yellow onion 1/4-inch dice
- 1 tablespoon olive oil
- 4 cups butternut squash 1-inch cubes
- 2 sprigs rosemary
- 1/2 teaspoon kosher salt
- black pepper freshly ground, as needed for seasoning
- 3 cups unsalted chicken stock or broth
- 8 ounces white mushrooms 1/4-inch slices
- 4 cloves garlic peeled and minced
- 1/2 pound italian sausage fresh, removed from casing, about 2 sausages
- 1 tablespoon chives sliced for garnish, optional
- 1 tablespoon fresh parsley chopped for garnish, optional

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 50 milligrams
4. Fat: 23 grams
5. Fiber: 5 grams
6. Protein: 17 grams
7. SaturatedFat: 7 grams
8. Sodium: 980 milligrams
9. Sugar: 9 grams

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