

Italian Sun-Dried Tomato Soup

Yield: 9 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-sun-dried-tomato-recipe>

Ingredients:

- 1 teaspoon extra virgin olive oil
- 8 ounces bulk Italian sausage
- 1 onion large, roughly chopped
- 2 tablespoons pesto
- 6 cups low sodium chicken broth
- 1 tablespoon Italian seasoning
- 12 ounces carrots roughly chopped* about 3 fairly large carrots
- 1/4 cup sun-dried tomatoes in oil well-drained, tightly packed
- 14 1/2 ounces canned tomatoes fire-roasted, puréed
- 1 1/2 teaspoons kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup heavy cream
- 1/2 teaspoon extra virgin olive oil
- 1/4 cup pine nuts
- fresh basil leaves

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 30 milligrams
4. Fat: 16 grams
5. Fiber: 3 grams
6. Protein: 9 grams
7. SaturatedFat: 5 grams
8. Sodium: 730 milligrams
9. Sugar: 3 grams

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