

Tuscan White Bean Soup With Sausage + Kale

Yield: 5 min
Total Time: 50 min

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

Ingredients:

- 2 tablespoons olive oil divided
- 1/2 pound chicken sausage about 2 links
- 1 cup chopped onion
- 2 garlic cloves minced
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon dried rosemary
- 1 bay leaf
- 1/2 teaspoon ground pepper
- 1/4 teaspoon sea salt
- 15 ounces petite diced tomatoes
- 15 ounces white beans drained and rinsed
- 32 ounces vegetable broth
- 3/4 cup ditalini pasta Barilla, uncooked
- 2 cups chopped kale

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 30 milligrams
4. Fat: 16 grams
5. Fiber: 6 grams
6. Protein: 16 grams
7. SaturatedFat: 4 grams
8. Sodium: 1320 milligrams
9. Sugar: 6 grams

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