

# Creamy Italian Sausage and Tortellini Soup

Yield: 7 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-sausage-and-tortellini>

## Ingredients:

- 1 pound mild Italian sausage or hot
- 1 tablespoon olive oil
- 1 small yellow onion diced
- 3 large carrots peeled and diced
- 2 teaspoons minced garlic
- 3 tablespoons unsalted butter
- 1/4 cup all purpose flour
- 5 cups chicken broth or stock
- 16 ounces cheese tortellini
- 1/2 teaspoon italian seasoning
- 4 ounces fresh spinach stems removed and coarsely chopped
- 1 pint heavy cream or half and half
- salt
- pepper
- grated Parmesan cheese Freshly, to preference
- baguette Optional: crusty

## Nutrition:

1. Calories: 870 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 205 milligrams
4. Fat: 65 grams
5. Fiber: 3 grams
6. Protein: 27 grams
7. SaturatedFat: 32 grams
8. Sodium: 1010 milligrams
9. Sugar: 3 grams

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