

# Italian Sausage Tortellini Soup

Yield: 6 min  
Total Time: 40 min

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

## Ingredients:

- 1 pound italian sausage
- rolled
- 1 tablespoon olive oil
- 1 onion small, diced
- 3 cloves garlic minced
- 2 red bell peppers diced
- 1 bay leaf
- 1/8 teaspoon red pepper flakes
- 8 cups vegetable broth
- 30 ounces diced tomatoes
- 1 1/2 cups kale chopped
- 2 cups cheese tortellini fresh or frozen
- 1/4 cup fresh basil chopped
- black pepper Salt and, to taste

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 75 milligrams
4. Fat: 29 grams
5. Fiber: 5 grams
6. Protein: 19 grams
7. SaturatedFat: 10 grams
8. Sodium: 1980 milligrams
9. Sugar: 11 grams

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