

# Slow Cooker Italian Sausage and Spinach Soup

Yield: 10 min  
Total Time: 255 min

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

## Ingredients:

- 1 pound ground Italian sausage
- 1 cup diced onion
- 1 tablespoon minced garlic
- 7 cups chicken broth
- 3 medium carrots peeled and cut into quarter inch rounds
- 12 ounces bowtie pasta uncooked
- 1/4 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon Italian seasoning
- 12 ounces evaporated milk or half and half or heavy cream
- 1/2 cup grated Parmesan cheese
- 4 ounces spinach chopped, or kale

## Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 50 milligrams
4. Fat: 21 grams
5. Fiber: 2 grams
6. Protein: 19 grams
7. SaturatedFat: 8 grams
8. Sodium: 580 milligrams
9. Sugar: 3 grams

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