

Sausage Barley Soup

Yield: 4 min
Total Time: 255 min

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

Ingredients:

- 1 pound italian sausage
- 1/2 cup diced onion
- 1 tablespoon minced garlic
- 1/2 teaspoon italian seasoning
- 48 fluid ounces chicken broth
- 1 carrot large, sliced
- 10 ounces frozen chopped spinach
- 1/4 cup pearl barley uncooked

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 85 milligrams
4. Fat: 39 grams
5. Fiber: 3 grams
6. Protein: 25 grams
7. SaturatedFat: 12 grams
8. Sodium: 950 milligrams
9. Sugar: 2 grams

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