

Italian White Bean Soup

Yield: 6 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-white-beans-with-rosemary>

Ingredients:

- 1 tablespoon olive oil
- 1 pound spicy Italian sausage ground
- 1 yellow onion small, diced
- 3 cloves garlic minced
- 3 carrots peeled & diced
- 2 stalks celery diced
- 4 cups chicken broth
- 1 teaspoon salt
- 1/4 teaspoon crushed red pepper flakes
- 2 cans white beans
- 14 1/2 ounces cannellini
- 2 cups spinach fresh
- 1 sprig rosemary
- 2 bay leaves
- 1 cup full fat coconut milk

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 55 milligrams
4. Fat: 38 grams
5. Fiber: 3 grams
6. Protein: 20 grams
7. SaturatedFat: 17 grams
8. Sodium: 1040 milligrams
9. Sugar: 4 grams

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