

# Cabbage and Smoked Sausage Soup

Yield: 8 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/red-beans-italian-sausage-and-rice-soup-recipe>

## Ingredients:

- 1 tablespoon vegetable oil
- 1 onion chopped
- 1 pound smoked sausage sliced
- 3 cups water
- 1 head cabbage cored and coarsely chopped
- 3 carrots sliced
- 3 stalks celery sliced
- 1/3 cup long-grain white rice uncooked
- 15 ounces red beans with liquid
- 8 ounces tomato sauce
- 28 ounces crushed tomatoes
- 2 cubes chicken bouillon
- salt to taste
- 1 bay leaf
- 1/2 teaspoon dried thyme crushed

## Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 59 grams
3. Cholesterol: 60 milligrams
4. Fat: 28 grams
5. Fiber: 14 grams
6. Protein: 30 grams
7. SaturatedFat: 9 grams
8. Sodium: 1520 milligrams
9. Sugar: 6 grams
10. TransFat: 1 grams

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