

# Italian Sausage and Bean Soup with Chard

Yield: 6 min  
Total Time: 85 min

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

## Ingredients:

- 8 cups chicken stock preferably homemade, but you could use canned
- 1 teaspoon dried basil
- 1 teaspoon fennel ground
- 5 Italian turkey sausage links, hot or mild, but I prefer hot
- 2 tablespoons olive oil to brown sausage and saute onions
- 1 onion medium, chopped in 1/2 inch pieces
- 1 teaspoon garlic puree
- chopped garlic
- 2 cans small white beans with juice
- 4 handfuls chard ribbons
- grated Parmesan cheese freshly, for serving

## Nutrition:

1. Calories: 800 calories
2. Carbohydrate: 106 grams
3. Cholesterol: 60 milligrams
4. Fat: 20 grams
5. Fiber: 36 grams
6. Protein: 56 grams
7. SaturatedFat: 1 grams
8. Sodium: 1410 milligrams
9. Sugar: 16 grams

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