

Spicy Italian Sausage and Black Bean Soup

Yield: 6 min
Total Time: 140 min

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

Ingredients:

- 1 teaspoon vegetable oil
- 1 pound hot Italian sausage
- 5 cloves garlic minced
- 1 onion large, diced
- 2 carrots diced
- 1 russet potato cubed
- 5 stalks celery diced
- 6 ounces tomato paste
- 1 cup red wine
- 32 fluid ounces beef broth
- 15 ounces black beans rinsed and drained
- 28 ounces diced tomatoes
- 1 cup rotini pasta uncooked
- 1 cup baby spinach leaves
- 1 1/2 teaspoons dried oregano
- 1 bunch fresh basil chopped
- salt
- black pepper

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 55 milligrams
4. Fat: 25 grams
5. Fiber: 10 grams
6. Protein: 22 grams
7. SaturatedFat: 8 grams

8. Sodium: 1740 milligrams
 9. Sugar: 11 grams
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