

# Italian Sausage and Zucchini Soup

Yield: 6 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/zucchini-peppers-onions-can-italian-diced-tomatoes-recipe>

## Ingredients:

- 5 hot Italian sausage links 19.5 oz., I used turkey Italian sausage
- olive oil for browning sausage
- 1 onion small, diced
- 1 tablespoon fresh garlic finely chopped, or garlic puree
- 2 cups zucchini diced, see instructions below
- 6 cups homemade chicken stock or 4 cans chicken broth, reduced slightly
- 3 cups tomatoes frozen slow-roasted, or 2 cans diced tomatoes with juice
- 1 1/2 cups water
- 2 teaspoons dried oregano
- 2 teaspoons dried basil
- 1 cup macaroni Dreamfield's, or whole wheat macaroni
- 3 tablespoons fresh basil minced, optional, or you can use frozen basil
- freshly grated Parmesan for topping soup

## Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 85 milligrams
4. Fat: 37 grams
5. Fiber: 2 grams
6. Protein: 26 grams
7. SaturatedFat: 12 grams
8. Sodium: 1120 milligrams
9. Sugar: 10 grams

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