



Italian Sausage and Tomato Soup

 Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 16 ounce bulk turkey sausage
- ☐ 14.5 ounce beef broth canned
- ☐ 15 ounce .5 can cannellini beans drained and rinsed canned
- ☐ 6.5 ounce tomato sauce canned
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 2 carrots thinly sliced
- ☐ 14.5 ounce chicken broth canned

- ☐ 4 cloves garlic chopped
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 1 pinch penzey's southwest seasoning italian to taste
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion cut into chunks
- ☐ 1 cup rigatoni pasta

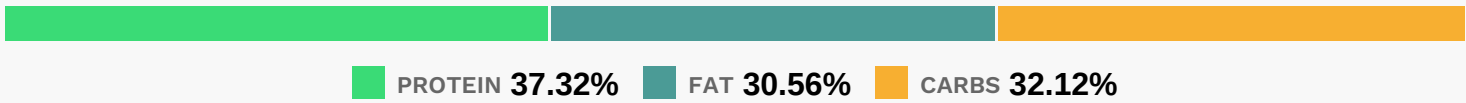
Equipment

- ☐ pot

Directions

- ☐ Heat olive oil in a large pot over medium heat; cook and stir turkey sausage is browned, about 5 minutes.
- ☐ Add onion and garlic, cooking and stirring until onion is tender, about 5 minutes more. Season with Italian seasoning, salt, and black pepper. Stir in carrots; cook and stir until carrots start to soften, 5 to 7 minutes.
- ☐ Pour beans, diced tomatoes, beef broth, chicken broth, and tomato sauce into turkey mixture. Stir in bay leaves. Continue to simmer until carrots are tender, about 5 minutes.
- ☐ Add rigatoni pasta; cook and stir until pasta is cooked through but firm to the bite, about 13 minutes.

Nutrition Facts



Properties

Glycemic Index:49.47, Glycemic Load:9.89, Inflammation Score:-10, Nutrition Score:25.449130305777%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg

Nutrients (% of daily need)

Calories: 438.25kcal (21.91%), Fat: 14.87g (22.88%), Saturated Fat: 3.57g (22.29%), Carbohydrates: 35.16g (11.72%), Net Carbohydrates: 28.6g (10.4%), Sugar: 6.63g (7.36%), Cholesterol: 90.95mg (30.32%), Sodium: 1288.99mg (56.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.87g (81.73%), Vitamin A: 3858.71IU (77.17%), Phosphorus: 378.8mg (37.88%), Manganese: 0.75mg (37.44%), Vitamin B6: 0.75mg (37.35%), Vitamin B3: 7.29mg (36.47%), Zinc: 5.33mg (35.54%), Potassium: 1087.23mg (31.06%), Selenium: 21.57µg (30.82%), Iron: 5.52mg (30.65%), Vitamin B12: 1.72µg (28.6%), Fiber: 6.56g (26.25%), Copper: 0.48mg (23.99%), Magnesium: 94.2mg (23.55%), Vitamin B2: 0.37mg (21.69%), Folate: 74.85µg (18.71%), Vitamin E: 2.67mg (17.79%), Vitamin C: 13.88mg (16.83%), Vitamin B1: 0.22mg (14.96%), Vitamin B5: 1.34mg (13.44%), Calcium: 126.59mg (12.66%), Vitamin K: 12.62µg (12.02%)