



## Minestrone Soup with Sweet Sausage

 Very Healthy

READY IN



110 min.

SERVINGS



4

CALORIES



1660 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 bay leaves
- 14 ounce .5 can cannellini beans drained canned
- 14 ounce garbanzo beans drained canned
- 1 carrots chopped
- 2 carrots quartered
- 2 ribs celery quartered
- 4 servings ciabatta rolls for serving
- 3 tablespoons evoo

- 1 bulb fennel chopped
- 4 cloves garlic sliced chopped
- 1 optional: lemon sliced
- 1 onion chopped
- 1 large onion with root end attached quartered
- 4 servings parmigiano-reggiano grated
- 9 servings peppercorns black
- 2 plum tomatoes
- 3 sprigs rosemary fresh chopped
- 9 servings stems rosemary fresh
- 4 servings salt
- 4 servings salt and pepper freshly ground
- 0.8 cup broken spaghetti
- 1 pound cut from casing sweet italian
- 9 servings stems thyme fresh
- 3 sprigs thyme leaves fresh chopped
- 4 pound meat from a rotisserie chicken whole

## Equipment

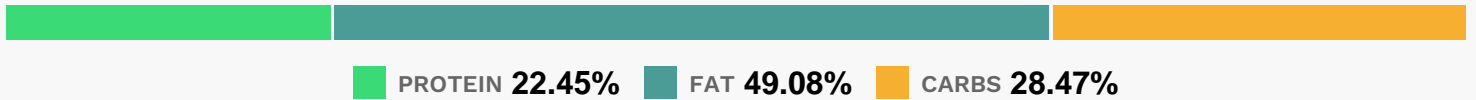
- bowl
- ladle
- pot
- box grater

## Directions

- Heat 1 tablespoon EVOO in a soup pot over medium heat.
- Add the pasta and toast until deep golden, nutty and fragrant, then remove the pasta and reserve.
- Add the remaining 2 tablespoons EVOO and raise the heat a bit.

- Add the sausage and cook until browned, then transfer the sausage to a plate.
- Add the carrots, fennel, garlic and onions, and season with salt and pepper. Cook until tender, about 10 minutes. Return the sausage to the pot and add the beans and Chicken Poaching Liquid. Using the large holes of a box grater, grate the tomatoes into the soup.
- Add the rosemary and thyme, and season with salt and pepper. Simmer the soup to combine the flavors. Return the soup to a boil, stir in the toasted pasta and cook until al dente. Ladle the soup into shallow bowls and top with the cheese.
- Serve with ciabatta rolls. Cook's Note: If you are not serving the soup immediately, cool and store it in the refrigerator before adding the pasta. Return it to a boil and cook the pasta as directed.
- Place the chicken in a pot and add the bay leaves, carrots, celery, lemons, onions, peppercorns, rosemary, thyme and some salt. Cover with water and bring to a boil. Reduce the heat to a simmer and poach the chicken for 1 hour. When the chicken is cool enough to handle, discard the skin and bones and separate the meat into bite-size pieces. Strain the stock and reserve.

## Nutrition Facts



### Properties

Glycemic Index:152.13, Glycemic Load:27.92, Inflammation Score:-10, Nutrition Score:60.601304365241%

### Flavonoids

Eriodictyol: 6.4mg, Eriodictyol: 6.4mg, Eriodictyol: 6.4mg, Eriodictyol: 6.4mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg Apigenin: 0.67mg, Apigenin: 0.67mg, Apigenin: 0.67mg, Apigenin: 0.67mg Luteolin: 2.2mg, Luteolin: 2.2mg, Luteolin: 2.2mg Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 14.04mg, Quercetin: 14.04mg, Quercetin: 14.04mg

### Nutrients (% of daily need)

Calories: 1659.58kcal (82.98%), Fat: 90.6g (139.38%), Saturated Fat: 29.4g (183.74%), Carbohydrates: 118.24g (39.41%), Net Carbohydrates: 100.03g (36.38%), Sugar: 10.74g (11.93%), Cholesterol: 269.88mg (89.96%), Sodium: 2492.12mg (108.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 93.26g (186.51%), Vitamin A: 8856.84IU (177.14%), Selenium: 99.34µg (141.91%), Manganese: 2.58mg (129.18%), Vitamin B3: 20.87mg (104.34%), Phosphorus: 1036.38mg (103.64%), Vitamin B6: 2.03mg (101.45%), Fiber: 18.2g (72.82%), Vitamin B1: 1.06mg (70.43%), Vitamin K:

68.1µg (64.86%), Calcium: 628.55mg (62.86%), Potassium: 2140.68mg (61.16%), Zinc: 8.7mg (58.01%), Iron: 10.33mg (57.36%), Vitamin C: 45.83mg (55.55%), Magnesium: 214.81mg (53.7%), Copper: 0.9mg (44.9%), Folate: 177.63µg (44.41%), Vitamin B2: 0.74mg (43.55%), Vitamin B5: 3.92mg (39.16%), Vitamin B12: 2.07µg (34.45%), Vitamin E: 4.01mg (26.71%), Vitamin D: 0.59µg (3.9%)