

SOUP

Sausage Soup with Spinach and Wild Rice

16 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	9	\$1.30	159 kcal

You can never have too many hor d'oeuvre recipes, so give Sausage Soup with Spinach and Wild Rice a try. Watching your figure? This gluten free recipe has 159 calories, 12g of protein, and 6g of fat per serving. This recipe serves 9.

Ingredients

- ☐ ¼ teaspoon black pepper
- ☐ 1 teaspoon dried basil
- ☐ 3 garlic cloves, crushed
- ☐ 1 teaspoon olive oil
- ☐ 1 teaspoon dried oregano
- ☐ ¼ teaspoon salt
- ☐ 3 tablespoons tomato paste
- ☐ 3 cups water
- ☐ 14½ ounce diced tomatoes, undrained canned
- ☐ 48 ounce fat-free, less-sodium chicken broth canned
- ☐ 1 pound turkey Italian sausage
- ☐ 1 cup chopped onion
- ☐ 3 tablespoons grated fresh Parmesan cheese
- ☐ 3 cups torn spinach
- ☐ 1½ cups water
- ☐ ½ cup uncooked wild rice

EQUIPMENT Bowl, Sauce pan, Ladle, Dutch oven

Method

- 1 Bring 1 1/2 cups water to a boil in a medium saucepan.
- 2 Add wild rice; cover, reduce heat, and simmer 1 hour or until tender. Set aside.
- 3 Cook the sausage in a Dutch oven over medium-high heat until browned; stir to crumble.
- 4 Drain sausage; set aside.
- 5 Heat oil in Dutch oven over medium-high heat.
- 6 Add onion, and saut for 3 minutes.
- 7 Add garlic, and saut for 1 minute.
- 8 Add the sausage, 3 cups water, and the next 5 ingredients (water through tomatoes); bring to a boil. Reduce heat; simmer for 20 minutes. Stir in cooked wild rice, spinach, salt, and pepper. Ladle soup into bowls; sprinkle with cheese.

Nutrition per serving

	159 KCAL	12 g PROTEIN	6 g FAT	16 g CARBS
Saturated Fat				2.1 g · 13% of daily needs
Fibre				2.8 g · 11% of daily needs
Sugar				5.6 g · 6% of daily needs
Sodium				1,295 mg · 56% of daily needs
Cholesterol				27.8 mg · 9% of daily needs
Vitamin C				25.1 mg · 30% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/sausage-soup-with-spinach-and-wild-rice-142915