

Spicy Sausage and Red Pepper Soup



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce andouille sausages sliced
- ☐ 15 ounce black beans drained and rinsed canned
- ☐ 14.5 ounce cannellini beans undrained canned
- ☐ 3 stalks celery sliced
- ☐ 32 fluid ounce chicken stock see kitchen secrets® (such as)
- ☐ 1 tablespoon basil dried
- ☐ 2 tablespoons garlic minced
- ☐ 21 ounce sausage italian hot

- ☐ 2 tablespoons olive oil
- ☐ 1 onion minced
- ☐ 1 orange bell pepper diced
- ☐ 1 tablespoon oregano dried
- ☐ 1 tablespoon garlic pepper
- ☐ 1 bell pepper diced red
- ☐ 12 ounce tomato paste canned
- ☐ 46 fluid ounce spicy vegetable juice canned (such as V8®)
- ☐ 1 bell pepper diced yellow
- ☐ 1 baby squash diced yellow
- ☐ 1 zucchini diced

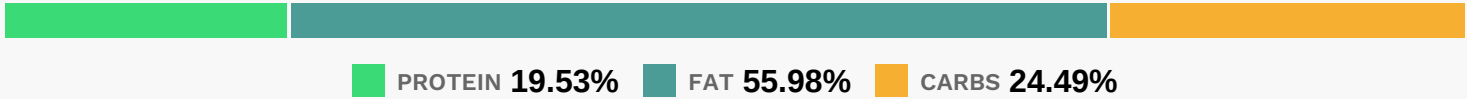
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat a large skillet over medium-high heat. Cook and stir Italian sausage, onion, and garlic in the hot skillet until sausage is browned and crumbly, 5 to 7 minutes; drain and discard grease.
- ☐ Add andouille sausage; cook and stir until browned, 3 to 5 minutes.
- ☐ Heat olive oil in a stockpot over medium heat; cook and stir celery, zucchini, yellow squash, red bell pepper, yellow bell pepper, and orange bell pepper in the hot oil until slightly tender, 5 to 10 minutes.
- ☐ Mix the sausage mixture, black beans, Great Northern beans, vegetable juice, and chicken stock into vegetable mixture. Bring to a boil, reduce heat, and simmer. Stir in tomato paste, oregano, basil, and garlic pepper; simmer until flavors blend, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:3.13, Inflammation Score:-9, Nutrition Score:24.151739099751%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 463.17kcal (23.16%), Fat: 29.01g (44.63%), Saturated Fat: 9.43g (58.96%), Carbohydrates: 28.55g (9.52%), Net Carbohydrates: 21.48g (7.81%), Sugar: 8.77g (9.75%), Cholesterol: 70.55mg (23.52%), Sodium: 1146.58mg (49.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.77g (45.54%), Vitamin C: 89.62mg (108.63%), Vitamin B1: 0.56mg (37.33%), Vitamin A: 1773.13IU (35.46%), Selenium: 23.92µg (34.18%), Vitamin B3: 6.28mg (31.39%), Potassium: 1070.46mg (30.58%), Fiber: 7.08g (28.31%), Vitamin B6: 0.55mg (27.65%), Phosphorus: 268.07mg (26.81%), Manganese: 0.51mg (25.25%), Folate: 89.1µg (22.27%), Iron: 3.88mg (21.57%), Vitamin B2: 0.37mg (21.47%), Zinc: 2.61mg (17.4%), Copper: 0.34mg (16.79%), Magnesium: 66.61mg (16.65%), Vitamin K: 16.54µg (15.75%), Vitamin B12: 0.8µg (13.31%), Calcium: 104.23mg (10.42%), Vitamin E: 1.53mg (10.18%), Vitamin B5: 0.94mg (9.41%), Vitamin D: 0.5µg (3.31%)