

Sausage, Pepper, and Spinach Soup

Prep Time: 5 Min Cook Time: 30 Min Total Time: 35 Min



SERVINGS: 4

Nutritional Facts

Serving Size: 1.5-2 cups

Amount Per Serving

Calories 291 Calories from Fat 113

	% Daily Value*
Total Fat 12g	19%
Saturated Fat 3g	14%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 85mg	28%
Sodium 918mg	40%
Total Carbohydrate 18g	6%
Dietary Fiber 4g	18%
Sugars 8g	

Protein 27g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

- 2 tsp olive oil
- 1 lb lean turkey sausage (or sliced chicken sausage)
- 1 onion, diced
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 red pepper, chopped
- 1 green pepper, chopped
- 3 cloves garlic, chopped
- 14 oz canned diced Italian tomatoes (undrained)
- 2.5 cup low sodium chicken broth
- 1/2 tsp oregano
- 1 bay leaf
- 4 cup spinach
- Salt and pepper



Directions

- 1 Heat the olive oil over medium high heat. Add the sausage and cook for 5-7 minutes until browned.
- 2 Add the onion, peppers, carrots, celery, and garlic. Cook for 4-6 minutes until onion begins to become translucent.
- 3 Add the diced tomatoes with juice, chicken broth, bay leaf, and oregano. Bring to a simmer and simmer covered for 20 minutes.
- 4 Add the spinach and stir until wilted. Taste and season with salt and pepper.

Notes

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WeightWatchers® Points

Points are calculated by Slender Kitchen. Not endorsed by WW International Inc.

