

Sausage, Brussels Sprout & Potato Soup



Bake up some Manchego cheese toasts and uncork a bottle of Ribera del Duero to enjoy alongside this healthy pot of soup. Both sweet and hot Italian sausage work well.

Active: 45 mins

Total: 45 mins

Servings: 4



Ingredients

3 tablespoons extra-virgin olive oil, divided
 8 ounces Italian sausage (about 3 links), casing removed
 1 cup diced onion
 ½ cup diced carrot
 ½ cup diced celery
 2 tablespoons finely chopped garlic
 2 teaspoons paprika, preferably smoked
 12 ounces baby yellow potatoes, sliced
 8 ounces Brussels sprouts, trimmed and sliced
 4 cups low-sodium chicken broth
 2 tablespoons red-wine vinegar
 ½ teaspoon salt
 ½ teaspoon ground pepper
 ¼ cup chopped flat-leaf parsley

Directions

Step 1

Heat 1 tablespoon oil in a large pot over medium heat. Add sausage and cook, stirring occasionally and breaking up with the spoon, until browned, 4 to 6 minutes. Transfer to a plate.

Step 2

Add the remaining 2 tablespoons oil, onion, carrot and celery to the pot; cook, stirring occasionally, until softened, about 5 minutes. Add garlic and paprika; cook, stirring, for 30 seconds. Add potatoes, Brussels sprouts and broth; bring to a boil over high heat. Reduce heat to a simmer and cook, stirring occasionally, until the potatoes are tender, 6 to 8 minutes.

Step 3

Stir in the sausage, vinegar, salt and pepper. Serve sprinkled with parsley.

Nutrition Facts

Serving Size: 2 Cups

Per Serving:

357.8 calories; protein 14.9g 30% DV; carbohydrates 31.5g 10% DV; exchange other carbs 2; dietary fiber 5.4g 22% DV; sugars 5.4g; fat 20.5g 32% DV; saturated fat 4.7g 23% DV; cholesterol 16.5mg 6% DV; vitamin a iu 4100IU 82% DV; vitamin c 65.8mg 110% DV; folate 72.9mcg 18% DV; calcium 85.1mg 9% DV; iron 3.1mg 17% DV; magnesium 52.6mg 19% DV; potassium 1064.9mg 30% DV; sodium 622.6mg 25% DV.

Exchanges: 1 Starch, 2 Vegetable, 1 High-Fat Protein, 2 Fat

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