



Healthdor

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## Minestrone with Italian Sausage

Minestrone is a traditional Italian soup made with a variety of vegetables, beans, and pasta. This recipe adds Italian sausage for extra flavor and heartiness. It is a comforting and filling dish that can be enjoyed as a main course or as a starter. The soup is typically simmered for a long time to develop its rich flavors. It is perfect for cold winter days or anytime you crave a hearty and nutritious meal.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 60 mins

**Total Time:** 80 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 8

**Serving Size:** 125 g

### Ingredients

500 g	Italian Sausage
150 g	onion
150 g	Carrots
150 g	celery

<b>4</b> <b>cloves</b>	garlic
<b>400 g</b>	Tomatoes
<b>1000 ml</b>	vegetable broth
<b>400 g</b>	Cannellini Beans
<b>200 g</b>	Green beans
<b>200 g</b>	zucchini
<b>100 g</b>	Pasta
<b>1 tsp</b>	Salt
<b>0.5 tsp</b>	Black pepper
<b>1 tsp</b>	Dried Basil
<b>1 tsp</b>	Dried Oregano
<b>2</b> <b>pieces</b>	Bay Leaves
<b>50 g</b>	Parmesan Cheese

## Directions

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### Step 1

Stove

In a large pot, cook the Italian sausage over medium heat until browned. Remove from the pot and set aside.

**Prep Time:** 10 mins

**Cook Time:** 10 mins

## Step 2

Stove

In the same pot, sauté the onion, carrots, celery, and garlic until softened.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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## Step 3

Stove

Add the tomatoes, vegetable broth, cannellini beans, green beans, zucchini, pasta, salt, black pepper, dried basil, dried oregano, and bay leaves to the pot. Bring to a boil, then reduce heat and simmer for 30 minutes.

**Prep Time:** 5 mins

**Cook Time:** 30 mins

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## Step 4

Stove

Add the cooked Italian sausage back to the pot and simmer for an additional 10 minutes.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 5

Stove

Remove the bay leaves and serve the Minestrone soup hot, garnished with grated Parmesan cheese.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 200 kcal

**Fat:** 15 g

**Protein:** 15 g

**Carbohydrates:** 25 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	6 g	15.79%	24%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	40 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	15 mg	1.5%	1.5%
Iron	20 mg	250%	111.11%
Potassium	500 mg	14.71%	19.23%
Zinc	2 mg	18.18%	25%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Cuisines

Italian

### Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

### Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

### Kitchen Tools

Blender

Mixer

Oven

Stove

Microwave

Slow Cooker

Pressure Cooker

## Course

Appetizers

Side Dishes

Salads

Soups

Snacks

Sauces & Dressings

## Cultural

Diwali

Oktoberfest

## Cost

\$10 to \$20

## Demographics

Teen Friendly

Pregnancy Safe

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

## Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

Paleo Diet

The Whole30 Diet

Atkins Diet

Ketogenic Diet

Low Carb, High Fat (LCHF) Diet

South Beach Diet

Zone Diet

Ornish Diet

Nutrisystem Diet

TLC Diet (Therapeutic Lifestyle Changes)

Nordic Diet

Okinawa Diet

Alkaline Diet

Macrobiotic Diet

Intermittent Fasting

5:2 Diet

16:8 Diet

Warrior Diet

OMAD (One Meal a Day) Diet

Body for Life Diet

Low FODMAP Diet

Slow Carb Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Engine 2 Diet

Blood Type Diet

Ayurvedic Diet

Traditional Chinese Medicine (TCM) Diet

Anti-Inflammatory Diet

The Acid Reflux Diet

Gluten-Free Diet

Low Glycemic Index Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The 80/10/10 Diet

The Gerson Therapy

The Swiss Secret Diet

The Scarsdale Diet    The Cabbage Soup Diet    The Hallelujah Diet  
The Mayo Clinic Diet    The Beverly Hills Diet    The Hollywood Diet  
The Lemonade Diet    The Grapefruit Diet    The Rice Diet  
The Sleeping Beauty Diet    The Baby Food Diet    The 3-Hour Diet  
The French Women Don't Get Fat Diet    The Cookie Diet    The F-Plan Diet  
The Israeli Army Diet    The Air Diet    The Breatharian Diet    The Werewolf Diet  
The Five-Bite Diet    The Negative Calorie Diet    The Ice Cream Diet  
The Master Cleanse Diet    The Subway Diet    The SlimFast Diet  
The Cambridge Diet    The Shangri-La Diet    The Best Life Diet    The 3-Day Diet  
The CICO (Calories In, Calories Out) Diet    The Eat-Clean Diet  
The Peanut Butter Diet    The Bulletproof Diet    The Carnivore Diet  
The Dukan Diet    The HCG Diet    The Optavia Diet    The Pritikin Diet  
The Starch Solution Diet    The Vertical Diet    The GOLO Diet

The Gut and Psychology Syndrome (GAPS) Diet  
The Specific Carbohydrate Diet (SCD)    The Anti-Candida Diet    The Dr. Sebi Diet  
The Crohn's Disease Diet    The Ulcerative Colitis Diet    The Low-Residue Diet

The BRAT Diet (Bananas, Rice, Applesauce, Toast)  
The GERD Diet (Gastroesophageal Reflux Disease)  
The PCOS (Polycystic Ovary Syndrome) Diet  
The SIBO (Small Intestinal Bacterial Overgrowth) Diet  
The Histamine Intolerance Diet    The IBS (Irritable Bowel Syndrome) Diet  
The Salicylate Sensitivity Diet    The Low Oxalate Diet    The Diabetes Diet  
The Hypothyroidism Diet    The Hyperthyroidism Diet  
The Epilepsy Diet (Modified Atkins Diet for Seizures)    The Parkinson's Disease Diet  
The Multiple Sclerosis (MS) Diet    The Fibromyalgia Diet  
The Chronic Fatigue Syndrome Diet    The Arthritis Diet    The Osteoporosis Diet  
The Heart-Healthy Diet    The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet  
The Low Purine Diet    The High-Fiber Diet    The Low-Fat Diet



The High-Protein Diet   The Low-Protein Diet   The High-Calcium Diet  
The High-Potassium Diet   The Low-Potassium Diet   The High-Iron Diet  
The Low-Iron Diet   The Low-Phosphorus Diet   The High-Vitamin D Diet  
The High-Vitamin C Diet   The High-Vitamin K Diet   The Low-Vitamin K Diet  
The Low-Copper Diet   The Spring Detox Diet   The Summer Weight Loss Diet  
The Fall Immunity-Boosting Diet   The Winter Warming Diet   The Low-Sulfur Diet  
The High-Sulfur Diet   The Eczema Diet   The Psoriasis Diet   The Rosacea Diet  
The Acne Diet   The Migraine Diet   The Celiac Disease Diet  
The Gallbladder Diet   The Kidney Stone Diet   The Anti-Anxiety Diet  
The Depression Diet   The Adrenal Fatigue Diet   The Endometriosis Diet  
The Hashimoto's Disease Diet   The Lyme Disease Diet   The Diverticulitis Diet  
The Restless Leg Syndrome Diet   The Tinnitus Diet   The Interstitial Cystitis Diet  
The Gastroparesis Diet   The Menopause Diet   The Post-Pregnancy Diet  
The Fertility Diet   The Breastfeeding Diet   The Low-Nickel Diet  
The Chronic Urticaria Diet   The Dysphagia Diet  
The Chronic Kidney Disease (CKD) Diet   The Raynaud's Disease Diet  
The Sjögren's Syndrome Diet   The Low Tyramine Diet   The Lactose-Free Diet  
The Fructose Malabsorption Diet   The Low-Histamine Diet  
The Mast Cell Activation Syndrome (MCAS) Diet  
The Irritable Larynx Syndrome (ILS) Diet   The Chronic Pancreatitis Diet  
The Sarcoidosis Diet   The Leaky Gut Syndrome Diet   The Behçet's Disease Diet  
The Graves' Disease Diet   The Addison's Disease Diet  
The Cushing's Syndrome Diet   The Ankylosing Spondylitis Diet   The Lupus Diet  
The Myasthenia Gravis Diet  
The POTS (Postural Orthostatic Tachycardia Syndrome) Diet  
The Eosinophilic Esophagitis (EoE) Diet  
The Chronic Obstructive Pulmonary Disease (COPD) Diet   The Asthma Diet  
The Sinusitis Diet   The Bronchiectasis Diet   The Insomnia Diet

The Seasonal Affective Disorder (SAD) Diet

The ADHD Diet (Attention Deficit Hyperactivity Disorder)

The Autism Diet

The Bipolar Disorder Diet

The Schizophrenia Diet

The Post-Traumatic Stress Disorder (PTSD) Diet

Blood Type O Diet

Blood Type A Diet

Blood Type B Diet

Blood Type AB Diet

## Cooking Method

Grilling

Frying

Baking

Boiling

Steaming

Microwaving

Blanching

Sautéing

Roasting

Smoking

Curing

Blending

Grinding

Freezing

Canning

Drying

Pickling

Sous Vide

Pasteurizing

Fermenting

Infusing

Pressing

Jellying

Carbonating

Whipping

Stirring

Simmering

Cutting

Cut

Mixing

Resting

Plating

Serving

Cooking

None

Stir-frying

Mashing

Preheating

Sprinkling

Heating

Refrigerating

Preparation

Cooling

Oven

Stove

## Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

Appendicitis

Gallstones

Pancreatitis

Liver disease

Gastroparesis

Gastroenteritis

Hepatitis

Colorectal cancer

## Difficulty Level

Medium

Visit our website: [healthdor.com](http://healthdor.com)