

Keto Italian Sausage Soup



This warming Keto Italian Sausage Soup is filled with savory sausage, hearty vegetables, and a flavorful broth. It's a perfect one-pot meal for a keto diet, providing both comfort and nutrition.

Ingredients for 2 serving (US/Metric)

- 1.5 *pieces* Italian sausage
- 401g / 14.1oz Broth
- Spinach
- 0.5 *pieces* Zucchini
- 0.5 *cup* Onions
- Garlic Cloves
- 1 *tbsp* Olive oil
- Red pepper flakes
- Salt & pepper to taste

Nutrition (US/Metric)

- Protein: 23%
- Fat: 56%
- Net carbs: 21%

Instructions

- **Cook Sausage:** In a large pot, heat olive oil over medium heat. Add the sausage and cook, breaking it up with a spoon, until browned and crumbly.
- **Add Vegetables:** Add diced onion and garlic to the pot. Sauté until the onion is translucent. Add zucchini and continue cooking for a few minutes.
- **Simmer:** Pour in chicken broth, bring to a boil, then reduce heat and simmer for 20 minutes.
- **Finish Soup:** Stir in chopped spinach and red pepper flakes. Cook until the spinach is wilted, about 5 minutes.
- **Serve:** Season with salt and pepper to taste. Serve hot.