Zuppa Toscano Soup

INGREDIENTS:

4 Large russet potatoes diced and cubed

2 - 32 Oz of chicken stock

1 large bunch of kale chopped

1 med to large yellow onion chopped

5 cloves garlic minced

1 - 3 lbs. of spicy turkey or pork sausage

2 cups water

2 cups cream

1 - 2 pinches of red pepper flakes

Salt and pepper to taste

And parmesan

NOTES:

Tools needed: CROCKPOT

Butter alternatives: ghee or oil

For a thicker meatier taste use 3 lbs. of sausage.

Best served with a hunk of Vienna bread and fresh parmesan cheese grated on top.

PREP TIME:

30min

TOTAL TIME:

5-6 hours

DIRECTIONS:

Chop your potatoes and soak in water to remove the starch while you prepare the rest of the ingredients. Cook sausage in sauté pan until brown. Remove sausage and strain out the grease. Put in your crock pot.

Cook chopped onions in sauté pan with a dollop of butter, and add a tiny pinch of salt and pepper. Once onions become translucent, stir in the minced garlic, and let sit for only 30 seconds to a minute & move the onion and garlic mixture to your crock pot.

Drain your potatoes and place in your crock pot. Add 1- 32oz box of chicken stock and the 2 cups of water. Be sure the liquid covers all of the ingredients. If there's still potatoes showing, then that is what the 2nd box of chicken stock is for. Add additional chicken stock until potatoes are fully covered. Add your red pepper flakes and stir. Since the pork or turkey is already cooked, you can safely add salt and pepper to the liquid and taste it to your liking. If you like measurements, a pinch of each should do.

Set your crockpot to 5 or 6 hours, whatever setting you have. Once the time is up, add your chopped kale and cream to the soup mixture, stir well and let sit for about another half hour so the rest of the ingredients can come together. If you want the best flavor, use heavy cream. If you want to keep it dairy free, use plain oat milk creamer, almond milk creamer, or cashew milk creamer. Stay away from coconut for this recipe as it will totally change the flavor profile. Serve with grated parmesan cheese on top.

She is YOU