



Zuppa Toscana

Ingredients

- 2 tbsp extra virgin olive oil, divided
- ½ yellow onion, diced
- 2 cloves garlic, minced
- ½ tablespoon Italian seasoning blend
- 1 pinch red pepper flakes (to taste)
- 4 fingerling potatoes
- 16 oz vegetable stock
- ½ bunch kale, de-stemmed and torn into pieces
- 2 oz coconut milk
- 1 Italian sausage link sliced into rounds
- salt and pepper, to taste
- grated parmesan cheese or nutritional yeast (optional)

Directions

1. Heat 1 tbsp olive oil in a large pot over medium heat. Add onions and sauté until softened.
2. Add garlic, Italian seasoning, and red pepper flakes and sauté another minute, taking care not to burn the garlic.
3. Add the potatoes and vegetable stock. Bring to a simmer and cook until potatoes are tender, about 15 minutes.
4. While the potatoes cook, brown the sausage. Cut the sausage into bite sized pieces and sauté in the remaining tablespoon of oil in a frying pan until browned, about 5 minutes. Set aside.
5. Once the potatoes are tender, add the kale to the pot and stir in until wilted. (It will look like a lot of kale at first but will cook down.)
6. Stir in the coconut milk.
7. Add the sausages to the soup, and bring to a simmer. Taste and adjust seasonings if desired. Serve immediately and sprinkle with Parmesan or nutritional yeast. Enjoy!

Healthy Tip:

Make vegetarian by replacing the sausage with chickpeas.

Calories 277

Total Fat 18 g

Saturated Fat 6 g

Cholesterol 32 mg

Sodium 525 mg

Total Carbohydrate 24 g

Dietary Fiber 4 g

Sugars 4 g

Protein 13 g