

Zuppa Toscana

Serves Six

Ingredients

1 pound Italian sausage, casings removed (I use chicken sausage)
1 small brown onion, chopped
2 carrots, chopped
1 celery stalk, chopped
4 cloves garlic, minced
½ teaspoon black pepper
A couple pinches of red pepper flakes
6 cups chicken stock (I use homemade)
2 cups water
4 Yukon gold potatoes, peeled and diced small
½ teaspoon black pepper
A couple pinches of red pepper flakes
4 cups chopped kale (ribs removed) or baby spinach leaves
Kosher salt to taste
1 - 1 ½ cups heavy cream **depending on how rich you want the soup*

Crispy bacon bits and grated parmesan cheese for topping



Steps

1. Heat a large soup pot on medium-high heat. Add the chicken sausage and begin to cook taking time to break up large pieces. When sausage starts to brown, add onions, carrots, celery and garlic, and saute until onions are translucent. Add black pepper and crushed red pepper flakes.
2. Stir in chicken broth and water and bring to a boil. (Scrape down the sides of the pot as those brown bits have amazing flavor). Add potatoes and cook at a simmer until tender. Add the kale or spinach and continue to simmer until the leaves have wilted. Add the heavy cream and once mixture simmers again, taste for salt.
3. Serve hot and top with crispy bacon and parmesan cheese. Crusty bread is the perfect accompaniment to this soup!