

Sausage Potato and Kale Soup (Zuppa Toscana)



PREP TIME15 minutes

COOK TIME30 minutes

TOTAL TIME45 minutes

Ingredients

- 1 pound spicy andouille sausage, casings removed
- 4 slices bacon, cut into bite sized pieces
- 1 cup diced white onion
- 3 cloves of garlic, grated or minced
- 1 1/2 pounds Yukon gold potatoes, unpeeled and cut into 1/2 inch dice
- Salt and freshly ground black pepper to taste
- 1/4 teaspoon crushed red pepper flakes
- 1 1/2 teaspoons Italian seasoning
- 6 cups low sodium chicken broth
- 6 cups curly kale, stems removed and leaves chopped
- 3/4 cup cream
- Parmesan cheese for serving (optional)

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Instructions

1. Add the sausage to a large pot or Dutch oven over medium-high heat. Crumble the sausage and let it cook until it's no longer pink, about 6 minutes. Remove the sausage from the pot and onto a paper towel lined plate. Add the bacon to the pot and cook until browned and crisp, about 6 minutes. Remove the bacon onto the plate with the sausage. Leave about 1 tablespoon of the bacon grease in the pot.
2. Add the onion, potatoes, garlic, salt, pepper, Italian seasoning, and red pepper flakes to the pot. Sauté for about 6 minutes and then pour in the chicken broth. Bring it to a boil and then lower the heat to medium-low and simmer for 12-15 minutes or until the potatoes are fork tender.
3. Add the kale and cream to the soup and stir everything together. Let it cook for another 5 minutes or until the kale is tender. Taste for seasoning and serve topped with shredded parmesan cheese.