

Zuppa Toscana



Servings: 8

Preparation Time: 40 minutes

Start to Finish Time: 1 hour 10 minutes

This rich soup is a "copycat" recipe - a fan favorite from a popular national Italian restaurant chain. Hearty with potatoes, kale and (in our version) savory crumbles of Longève Spicy Italian Sausage, it will satisfy any appetite. We use Yukon gold potatoes so they don't completely disintegrate during the slow cooking, but any potato will do. Select any leafy green that looks good in the market. We love a combination of curly green and Lacinato kales. While this soup is super creamy and dreamy with full-fat milk, heavy cream and parmesan cheese, it can also successfully be made vegan. Simply swap out the dairy for your favorite plant milk and vegan parm, and increase the instant potato flakes to half a cup to achieve optimal creaminess!

8 1/2 ounces Spicy Italian Sausage, loose, raw
3 tablespoons olive oil
1 small onion, chopped
3 cloves garlic, chopped
1 teaspoon salt
1/4 teaspoon black pepper
1/4 teaspoon red pepper flakes
3 cups vegetable broth
1 cup whole milk
1 pound potatoes, peeled and sliced
1 bunch kale, chopped
1 cup heavy cream
1/4 cup potato flakes
1/4 cup parmesan cheese

Prepare one batch of Longève Spicy Italian Sausage, leaving the mixture loose (do not form into sausages).

Heat two tablespoons olive oil in a non-stick skillet over medium heat. Add sausage mixture and flatten using a wooden spoon or heat-resistant rubber spatula. Let cook one to two minutes before beginning to break up into smaller pieces. Continue to cook for another five to six minutes, breaking up with wooden spoon or spatula, until golden brown. The sausage should be broken up into small bits and bite-sized pieces. Remove from pan and reserve.

Heat the final tablespoon of olive oil in a heavy-bottom soup pot over medium-high heat. Add chopped onion and cook for two to three minutes. Add garlic, salt, pepper and optional chili flakes. Continue to cook, stirring occasionally until onions are translucent.

Add broth and milk and bring to just below a boil. Add sliced potatoes and simmer for about 15 minutes, or until potatoes are almost tender.

Add chopped kale and continue to cook for another five to ten minutes until vegetables are tender.

Add heavy cream and potato flakes and simmer for another five minutes or so, until soup thickens.

Turn off heat and stir in reserved sausage and grated parmesan cheese.

Serve hot, topped with additional parmesan cheese, if desired.

Per Serving (excluding unknown items): 340 Calories; 24g Fat (63.2% calories from fat); 10g Protein; 22g Carbohydrate; 4g Dietary Fiber; 42mg Cholesterol; 842mg Sodium; 5g Total Sugars; 1mcg Vitamin D; 164mg Calcium; 1mg Iron; 388mg Potassium; 139mg Phosphorus. Exchanges: 10 Grain(Starch).