



Zuppa Toscana

Servings 4

Prep 10 min

Cook 30 min

Ingredients

2 Tbsps. Olive Oil (divided)

1 yellow Onion (diced)

4 cloves Garlic (minced)

1 Tbsp. Italian Seasoning Blend

¼ tsp. Red Pepper Flakes

7 baby yellow or 3 Russet Potatoes (cut into bite-sized pieces)

32 oz. Vegetable Stock

1 bunch Kale (de-stemmed and torn into pieces)

1 can Coconut Milk

1 Tbsp. Flour

1 pack Italian Sausages (I use beyond sausages or burger)

1 can Garbanzo Beans

Salt and Pepper (to taste)

Parmesan or Nutritional Yeast (to taste)

Directions

- 1** Add olive oil to a large pot over medium heat. Saute until softened. Add garlic, Italian seasoning, and red pepper flakes and saute another minute, taking care not to burn the garlic. Add the potatoes and vegetable stock. Bring to a simmer and cook until potatoes are tender, about 15 minutes.
- 2** While the potatoes cook, brown the sausages, if using. Cut the sausages into bite sized pieces and saute in the remaining tablespoon of oil in a frying pan until browned, about 5 minutes. Set aside.
- 3** 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 really cooks down. Stir in the coconut milk and whisk in the flour until there are no clumps. Add the sausages to the soup, or drain the chickpeas and add them. Simmer all the ingredients together just until they are all warmed through. Taste and adjust seasonings if desired. Serve right away and sprinkle with Parmesan or nutritional yeast.