

# Zuppa Toscana



TOTAL TIME

30 mins



COURSE

Dinner, Lunch



SERVINGS

7 serving

CALORIES

497 kcal

## INGREDIENTS

- 8 Field Roast Italian sausage sliced or chopped
- 1 lg onion chopped
- 3 cloves garlic minced
- 48 oz veggie broth
- 5 medium potatoes chopped into ½ inch pieces
- 1 ½ tsp crushed red pepper
- 7 c kale chopped
- ½ c unsweetened creamer
- 3 ½ oz vegan parmesan

## INSTRUCTIONS

1. Heat a large pot over medium-high heat. Add Field Roast sausage and sauté 3-5 minutes, until they start to brown at the edges, stirring frequently. Add onion and garlic and sauté 2 minute longer.
2. Stir in vegetable broth, potatoes, crushed red pepper. Season with salt and pepper to taste.

3. Bring to a boil then cover and reduce heat to medium and simmer until potatoes are fork tender, about 15 minutes.
4. Stir in creamer and kale. Cook until kale is tender, about 5 minutes longer.
5. Divide into 7 tupper-ware containers.

## NUTRITION

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### Nutrition Facts

Zuppa Toscana

Amount Per Serving (1 serving)

<b>Calories</b> 497	Calories from Fat 180
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	% Daily Value*
<b>Fat</b> 20g	31%
<b>Carbohydrates</b> 45g	15%
<b>Protein</b> 34g	68%

\* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

soy-free

### Tried this recipe?

Let us know how it was!