

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 1/2 inch pieces
- 1 1/2 tsp crushed red pepper
- 7 c kale chopped
- 1/2 c unsweetened creamer
- 3 1/2 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

Nutrition Facts	
Zuppa Toscana	
Amount Per Serving (1 serving)	
Calories 497	Calories from Fat 180
% Daily Value*	
Fat 20g	31%
Carbohydrates 45g	15%
Protein 34g	68%
* Percent Daily Values are based on a 2000 calorie diet.	



KEYWORD

soy-free

Tried this recipe?

Let us know how it was!