

Tuscan Zuppa Soup

Ingredients

Italian sausage	1 lb.	Cannellini beans .	1 (15 oz.) can
Onion, medium	1	Heavy cream	1 cup
Garlic	4-6 cloves	Salt	½ tsp.
White wine (<i>optional</i>) . .	¼ cup	Pepper	¼ tsp.
Kale	1 bunch	Red pepper flakes	¼ tsp.
Potatoes, large	3-4	MSG (<i>optional</i>)	¼ tsp.
Chicken broth	8 cups		

Directions

Dice **onion** — Mince **garlic** — Dice **potatoes** into ¼in. pieces — Remove stems from **kale** and tear leaves into bite sized pieces — Drain and rinse **beans**

1. Brown the **Italian sausage** over medium heat until fully cooked. Remove and set aside, retaining drippings in the pot.
2. Sauté **onions** in the same pot until translucent, then add **garlic** and cook for an additional minute.
3. Deglaze the pan with **white wine** (*optional*).
4. Return **sausage** to the pot along with **chicken broth** and **potatoes**. Bring to a boil, then simmer until potatoes are tender, stirring occasionally, about **10-15 minutes**.
5. Stir in **kale** and **cannellini beans**. Cook until greens are wilted and beans are heated through, about **5 minutes**.
6. Stir in **heavy cream**. Season with **salt**, **pepper**, **red pepper flakes**, and **MSG** to taste.