

# 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 .....	1/2 tsp.
White wine (optional) ..	1/4 cup	Pepper .....	1/4 tsp.
Kale .....	1 bunch	Red pepper flakes .....	1/4 tsp.
Potatoes, large .....	3-4	MSG (optional) .....	1/4 tsp.
Chicken broth .....	8 cups		

## Directions

Dice onion; set aside in *Small Bowl #1* — Mince garlic; set aside in *Small Bowl #2* — Dice potatoes into  $\frac{1}{4}$  inch pieces; set aside in *Medium Bowl #1* — Remove stems from kale and tear leaves into bite sized pieces; set aside in *Medium Bowl #2*

1. Brown 1 lb. Italian sausage over medium heat until fully cooked. Remove and transfer to *Medium Bowl #3*; set aside, retaining drippings in the pot.
2. Sauté onions (*Small Bowl #1*) in the same pot until translucent, then add garlic (*Small Bowl #2*) and cook for an additional 1 minute.
3. Deglaze the pan with  $\frac{1}{4}$  cup white wine (optional).
4. Return sausage (*Medium Bowl #3*) to the pot along with 8 cups chicken broth and potatoes (*Medium Bowl #1*). Bring to a boil, then simmer until potatoes are tender, stirring occasionally, about 10-15 minutes.

5. Stir in **kale** (*Medium Bowl #2*) and **cannellini beans** (do not drain). Simmer until kale is wilted, about *5 minutes*.
6. Stir in **1 cup heavy cream**. Season with  $\frac{1}{2}$  tsp. **salt**,  $\frac{1}{4}$  tsp. **pepper**,  $\frac{1}{4}$  tsp. **red pepper flakes**, and  $\frac{1}{4}$  tsp. **MSG** (optional) to taste.