

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 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 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.