

## Example Recipe

*Tuscan Zuppa Soup is a comforting and hearty dish, perfect for cold days or as a satisfying meal any time. It combines rustic flavors of Italian sausage, potatoes, and kale, simmered in a savory chicken broth, offering a taste of traditional Italian cuisine.*

### Ingredients

Italian sausage . . . . .	1 lb.	Cannellini beans . . . . .	1 (15 oz.) can
Onion, medium . . . . .	1	Heavy cream . . . . .	½ cup
Garlic cloves . . . . .	3-4	Salt . . . . .	¼ tsp.
Kale . . . . .	1 bunch	Red pepper flakes . . . . .	pinch
Potatoes, large . . . . .	3-4	Pepper . . . . .	pinch
Chicken broth . . . . .	6 cups		

### Directions

Finely chop **onions** — Mince **garlic** — Remove stems from **kale** and tear leaves into bite sized pieces — Quarter **potatoes** lengthwise and cut into ¼” slices — 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. Return sausage to the pot. Add **chicken broth** and **potatoes**. Bring to a boil, then simmer until potatoes are tender, about 10-15 minutes.
4. Stir in **kale or chard** and **cannellini beans**. Cook until greens are wilted and beans are heated through, about 5 minutes.
5. Stir in **heavy cream**. Season with **salt, pepper, and red pepper flakes** to taste.