

Zuppa Toscana

6 servings

20m prep time, 20min cook time

Zuppa Toscana Soup

1	1 pound	Italian Sausage, Hot or Mild	In a soup pot on the stove, crumble and brown sausage over medium-high heat.
2	1 3	Onion, Diced Garlic Cloves, Minced	Add onion and garlic and cook until translucent in color.
3	1/2 tsp 1/4 tsp 1/2 tsp	Red Pepper Flakes Black Pepper Salt	Season with salt, pepper, and red pepper flakes.
4	1 head 16 ounces 1 quart 1 tsp	Cauliflower, Cut Into Florets Chicken Broth Water Chicken Bouillon	Reduce heat to medium and add cauliflower florets, broth, and water. Stir and add bouillon, if desired. Cook on medium heat until cauliflower is tender, about 15–20 minutes.
5	3 cups 1 cup	Kale, Chopped Heavy Cream	Reduce heat to low and sprinkle in chopped kale. Pour in cream and stir well. Serve hot.

Nutrition Facts

Zuppa Toscana

Amount per Serving

Calories (kcal)	382.7
Fat (g)	30.6
Carbohydrates (g)	9.1
Fiber (g)	2.6
Protein (g)	17.5

Re-produced from *Low Carb Olive Garden Zuppa Toscana Soup (Better Than the Real Thing!)*¹

¹Lina. *Low Carb Olive Garden Zuppa Toscana Soup (Better Than the Real Thing!)* Dec. 2020. URL: <https://hip2keto.com/recipes/low-carb-zuppa-toscana-soup/>.