

Zuppa Toscana (Creamy Sausage Kale and Potato Soup)

Recipe – Courtesy of www.thebetterhomelife.com

Ingredients:

2 Pounds ground bulk Italian sausage

8 medium potatoes peeled

2 bell peppers, chopped

2 tablespoon olive oil

8 cups chicken stock

2 cup heavy cream

1 bunch of kale, stems removed

Salt and pepper to taste

Directions:

Brown the Italian sausage in a frying pan until cooked through. Set aside on a paper towel lined plate to drain. Meanwhile sauté the onion and peppers with the olive oil until slightly tender. Add the chicken stock and potatoes to the pan. Put the drained sausage back into the pot and bring to a boil. Simmer until potatoes are tender. Add the half and half. Rip the kale into small bite size pieces. Add the kale to the soup and simmer for 3-5 min. Season with salt and pepper. Enjoy!