

Zuppa Toscana

By: Laura Holguin - February 15, 2017

The “Crockpotluck” at Ainsworth in January featured 6 crockpots filled with savory goodness, including soups, stews, and pastas. And one that was filled with homemade caramel popcorn! One of the soups that was a big hit was this Zuppa Toscana, made by Laura Holguin in Human Resources. This soup is inspired by a popular menu item at the Olive Garden.

- 1 lb hot or mild Italian sausage
- 3 cloves garlic, minced
- 1 yellow onion, chopped
- 4 red potatoes, diced
- 4 cups chicken broth (may need more)
- 1 bunch of kale, chopped
- 3/4 c half & half or heavy cream
- salt & pepper to taste
- grated parmesan for topping
- red chili flakes for topping, if you like it hot!

If cooking in a crockpot:

- In a large skillet over medium-high heat, crumble and brown sausage for 5 minutes. Add garlic and onion and cook together until onions are opaque. Drain grease.
- Add cooked sausage, potatoes, salt, pepper, and chicken broth. If necessary, add extra chicken broth to ensure potatoes are covered.
- Stir ingredients, cover, and cook on low or 5-6 hours, or high for 3-4 hours.
- Add kale and half & half, stir and cook on high for another 30 minutes.
- Serve immediately with parmesan and chili flakes.
- Enjoy!

If cooking on a stovetop:

- In a large soup pot over medium-high heat, crumble and brown sausage for 5 minutes. Add garlic and onion and cook together until onions are opaque. Drain grease.
- Add chicken broth, potatoes, salt, and pepper to the soup pot. If necessary, add extra chicken broth to ensure potatoes are covered. Turn to high heat until boiling, then reduce heat to medium-low and simmer until potatoes are almost cooked through.
- Add kale and half & half, stir and cook on medium-low for another 30 minutes.
- Serve immediately with Parmesan and chili flakes.
- Enjoy!