

Recipe Name: **Zuppa Toscana (Tuscan Soup)**
-Dairy Free-

Serves: Not sure 4-6 peeps
maybe !!

Cook Time: Crock pot $\approx$ 3 hrs

Ingredients

- 1 lb spicy sausage or turkey sausage
- 4 cups (1 bunch) chopped kale
- 1 large onion (white) -chopped
- $\frac{1}{2}$ - $\frac{3}{4}$ cup Sundried tomatoes
- 6 cups low-sodium chicken broth
- $\frac{3}{4}$ cup coconut cream or heavy cream
- 1-2 tbsp minced garlic
- 1 tsp dried oregano
- or- a bunch of italian seasoning
- black pepper & salt to taste
- onion & garlic powder to taste

Direction

-Cooking this is best done with a glass of wine, beer or cocktail! ↓

← Ellie !!

- Chop kale, onion & any other veggies you feel like adding
- Cook sausage in pan until brown (make it crumbly/minced)
- Mix everything together in crockpot
- Set a timer; put crock pot on low and chill out for a few hours
- Stir every so often;
- Ready to serve when kale & veggies are soft!
- Top with parmesan cheese & parsley if you'd like ↑ ^{don't not dairy free}

Notes:

This can be changed up to your taste!

Add extra veggies like zucchini or take stuff away.

Can do on the stove top in a pot for quicker cook time.

Really great for rainy, lazy days.

Hope you all enjoy ♡