Zuppa Toscana (classic)

The Olive Garden-style soup with pork sausage, bacon, potatoes, kale, and heavy cream.

Servings: 6 (about 1.5 cups each)
Time: about 45 min

Ingredients

- 1 lb Italian pork sausage
- 6 slices bacon, chopped
- 1 medium yellow onion, diced
- 4 cloves garlic, minced
- 1/2 tsp red pepper flakes
- 6 cups chicken broth
- 1 1/2 lb russet potatoes (about 4 medium), cut into 1/2-inch pieces
- 1 bunch kale, stems removed, chopped (about 5 cups)
- 1 cup heavy cream
- Grated Parmesan, for serving
- Salt and black pepper to taste

Directions

1. Cook the bacon in a large pot over medium heat until crisp, 6 to 8 minutes. Transfer to a paper towel, leaving 1 tbsp fat in the pot.
2. Add the sausage and brown, breaking it up, for 6 to 8 minutes. Drain excess fat.
3. Add the onion and cook 4 minutes until soft. Add the garlic and red pepper flakes and cook 1 minute.
4. Add the broth and potatoes. Bring to a boil, then simmer 12 to 15 minutes until the potatoes are fork-tender.
5. Stir in the kale and the cream. Simmer 3 to 5 minutes until the kale is wilted. Return the bacon to the pot. Season with salt and pepper.
6. Serve, topped with Parmesan.

Notes

This is the unmodded version, with pork sausage, bacon, and heavy cream. High in saturated fat. Make the liver-friendly one most days.