Zuppa Toscana (liver-friendly) — grocery list

Produce

- [ ] Yukon gold potatoes, 1.5 lb
- [ ] Yellow onion, 1 medium
- [ ] Garlic, 4 cloves
- [ ] Lacinato kale, 1 bunch

Meat

- [ ] Lean Italian turkey or chicken sausage, 1 lb

Dairy

- [ ] Unsweetened almond or oat milk, 3/4 cup
- [ ] Parmesan, 2 tbsp per bowl (optional)

Pantry

- [ ] Low-sodium chicken broth, 6 cups
- [ ] Cannellini beans, 1 can (15 oz)

Spices

- [ ] Olive oil, 1 tbsp
- [ ] Red pepper flakes, 1/2 tsp
- [ ] Dried oregano, 1 tsp
- [ ] Fennel seed, 1 tsp

- [ ] Salt
- [ ] Black pepper