Zuppa Toscana (liver-friendly)

A creamy Tuscan sausage-and-kale soup made with lean turkey sausage and blended beans instead of cream.

Servings: 6 (about 1.5 cups each)
Time: about 40 min

Ingredients

- 1 lb lean ground turkey or chicken sausage (Italian seasoned, 93% lean or better)
- 1 tbsp olive oil
- 1 medium yellow onion, diced
- 4 cloves garlic, minced
- 1/2 tsp red pepper flakes
- 1 tsp dried oregano
- 1 tsp fennel seed, lightly crushed
- 6 cups low-sodium chicken broth
- 1 1/2 lb Yukon gold potatoes (about 4 medium), skin on, cut into 1/2-inch pieces
- 1 can (15 oz) cannellini beans, drained and rinsed
- 1 bunch lacinato (Tuscan) kale, stems removed, chopped (about 5 cups)
- 3/4 cup unsweetened plain almond milk or oat milk, blended with 1/4 of the cooked beans
- 2 tbsp grated Parmesan per bowl, max (optional)
- Salt and black pepper to taste

Directions

1. Heat the oil in a large pot over medium-high. Brown the sausage, breaking it up, for 6 to 8 minutes. Drain any fat.
2. Add the onion and cook 4 minutes until soft. Add the garlic, pepper flakes, oregano and fennel and cook 1 minute.
3. Add the broth and potatoes. Bring to a boil, then simmer 12 to 15 minutes until the potatoes are fork-tender.

4. Scoop out 1/4 of the beans and blend them with the almond milk until smooth. Stir that mixture and the rest of the beans into the pot.
5. Add the kale and simmer 3 to 5 minutes until wilted. Season with salt and pepper.
6. Serve, topped with the optional Parmesan.

Notes

Lean sausage instead of pork, no bacon, and blended beans instead of heavy cream. That keeps the creaminess and cuts most of the saturated fat. The beans also add fiber, which helps LDL. Parmesan is optional; 2 tbsp per bowl is the cheese max for the day.