

# Zuppa Toscana

So, Brandon and I are in a produce co-op this summer, which has expanded our vegetable palette. When we picked up a couple bunches of kale from the farm truck, I was clueless as to how to use it. I found and adapted a recipe from [allrecipes.com](http://allrecipes.com)...here's the result:

## Ingredients

- 1 1/2 tsp garlic, minced
- olive oil
- 16 oz. Italian sausage
- 4 green onions, minced
- red pepper flakes, a shake or two
- Italian seasoning
- Salt and pepper
- 3 red potatoes, cubed
- 1 bunch of kale (2 cups), washed and shredded (I removed most of the thick stalk)
- 1 qt. chicken stock
- 1/3 cup half and half (or you could use heavy whipping cream if you want a thick consistency)

## Directions

Coat the bottom of a dutch oven or stew pot with olive oil, add garlic, and turn heat to medium/medium high...cook until oil is hot and garlic is sizzling. Add the Italian sausage and begin browning/crumbling. Add green onions, salt, pepper, red pepper flakes, and Italian seasoning; continue cooking until the sausage is completely cooked. Drain off the fat while preserving the garlic, sausage, and onions (this is tricky for me sometimes!).

Add the chicken stock, potatoes, and kale, stir until all the ingredients are combined. Reduce heat, cover, and simmer for at least 15 minutes. Before serving, stir in half and half. Stir to combine all ingredients.

I topped this soup with Parmesan cheese and served it with garlic bread.

Enjoy!