



Everything Herbal

by Cheryl Jabz

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Bubbie's Zuppa Toscana

A creamy, comforting soup
full of flavor & love!

SERVES: 6-8

INGREDIENTS

- 1 lb ground Italian sausage
- 1 onion, diced
- 1 tbsp minced garlic
- 4 tbsp butter
- Chicken broth (about 32 oz)
- Water (about 4 cups)
- 4-5 yellow potatoes, thinly sliced
- 2-3 tsp salt, or to taste
- 1 tsp black pepper
- 2 cups heavy cream
- 4 cups chopped kale
- Chopped bacon, cooked (for topping)
- Grated Parmesan cheese (for serving)

Cheryl's Herbal Touch (Optional)

For extra flavor and wellness benefits, add:

- ♥ 1 tsp dried oregano
- ♥ 1 tsp dried basil
- ♥ ½ tsp dried thyme
- ♥ ¼ tsp crushed rosemary
- ♥ A pinch of red pepper flakes for a little heat

These herbs complement the creamy broth and Italian sausage beautifully.

DIRECTIONS

- 1 In a large soup pot, brown the Italian sausage over medium heat for 5-6 minutes. Remove the sausage with a slotted spoon and set aside.
- 2 In the same pot, melt the butter. Add the onion and cook until softened. Stir in the minced garlic and cook for about 1 minute.
- 3 Add the chicken broth, water, sliced potatoes, salt, and pepper. Bring to a boil, then reduce heat and simmer until the potatoes are tender, about 15-20 minutes.
- 4 Stir in the heavy cream and chopped kale.
- 5 Return the cooked sausage to the pot and simmer for another 5-10 minutes until the kale is tender and everything is heated through.
- 6 Serve hot topped with crispy chopped bacon and freshly grated Parmesan cheese.



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shared with joy



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