

Italian Sausage, Potato & Kale

My Healthier Take On Olive Garden's Zuppa Toscana Soup

My absolute favorite soup to make, pre-WW, was the Zuppa Toscana soup from Olive Garden. I used to make the regular recipe, which is loaded with heavy cream, butter and bacon... and it was glorious. After joining WW, this was the first soup that I wanted to try and make a lighter version of, because my wife requested it. I looked around and most "skinny" recipes for it STILL added a bunch of half and half, as well as bacon and butter. No... no thank you. Mine isn't as thick and "mouth coating" as the fattier ones, but mine has a fraction of the calories and is still awesome. Be warned... this recipe makes a LARGE pot, for a hungry brood.



Ingredients:

- 1lb mix of my ground turkey italian sausage, raw.
(Recipe on page 28, in my "Cookbook: Volume 1".)
- 2 large onions, diced
- 4 medium garlic cloves, chopped
- 1 tsp crushed red pepper flakes (to taste)
- 1 tsp salt
- 1/2 tsp pepper
- 16oz peeled, diced, then rinsed, russet potato.
- 11 cups fat free chicken broth***
- 3-1/2 cups water
- 1 cup instant mashed potato flakes***
- 2-1/2 cups unsweetened plain almond milk***
- 3 Tbsp cornstarch, dissolved into the almond milk.
- 5 cups fresh kale, chopped, ribs removed. (1 bunch of Kale)

Directions:



- 1 In a large pot... seriously... a large pot, cook the italian sausage over medium-high heat, with olive oil cooking spray. Once cooked through and browned, remove the meat from the pot and place into a bowl. Set aside.
- 2 Add the onions, garlic, red pepper flakes, salt and pepper to the pot and cook until the onions are softened and cooked through. It should be around 8 minutes.

Serving Info.:

YIELDS: 15 cups
Servings: 10
Serving Size: 1-1/2 cup

Points:

	G	B	P
1 serving =	2	2	1
2 servings =	5	4	2
3 servings =	7	6	4
4 servings =	10	8	5



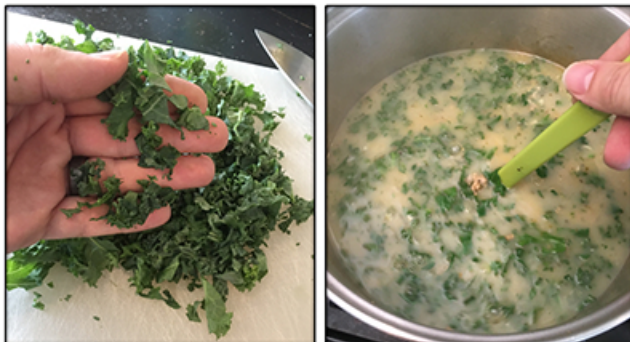
- 3 While the meat and onions are cooking, peel and dice the potatoes, then rinse them under cold water. Trust me. If you don't rinse them, you'll get a starchy, layer on the top of your soup that you'll have to skim off. When the onions are cooked through, stir in the potatoes and cook for 2-3 minutes.



- 4 Add the chicken broth and water to the pot, then heat over high heat until the soup begins to boil. Once the soup reaches a boil, add the cooked italian sausage to the pot, then crank the heat up to high.



- 5 Add the mashed potato flakes into the pot and stir to combine, make sure there are no clumps. Pour in the almond milk/cornstarch mixture and stir.



- 6 Remove the ribs from all the Kale leaves, then chop up the Kale... nobody wants giant chunks of kale on their spoon. Add the chopped kale into the pot and stir.



- 7 Bring the soup up to a rolling boil for 15 minutes, occasionally using a large spoon to skim any frothy, fatty, bubbly stuff (pictured left) off of the top. After 15 minutes, turn off the heat and allow the the soup to cool for around 15 minutes before serving. Seriously, it's pretty much as hot as liquid magma right now. Also, as the soup cools, it tightens up a bit and becomes thicker.

NOTES:

- This recipe makes a LARGE pot of soup, you can definitely halve the recipe.
- Chicken Broth: I used Fat Free broth that still has a decent amount of sodium, for flavor. You CAN choose to use reduced sodium stock/broth, but understand that it will make the soup much more bland. You'll need to add more seasonings and spices of your own, if you use reduced sodium broth.
- Almond Milk: Yes, I use almond milk with cornstarch in place of heavy cream or half and half. If you can't have it, due to allergies, use low point soy milk, fat free milk, or if you have a Kroger family store near you, look for "Carbmaster" brand, lactose free milk there. It's awesome, thick like almond milk and is just as low in points.
- PURPLE PLAN: You people in the purple plan... you can make this lower in point by removing the mashed potato flakes from this recipe, and simply adding/stirring in some of your own 0 point mashed potatoes into this soup, to act as a thickener. Also, you could obviously add more diced potatoes as well. Make it as hearty as you want. Unfortunately, we ain't ALL on purple :)
- This version has roughly half the calories, and 1/8th of the fat of most every other "skinny" recipe I've found out there.

