



### **RECIPE for the season:**

#### **Zuppa Toscana**

##### **Ingredients:**

- 1 Pack of Spicy Italian Sausage links
- 3-5 All Purpose Potatoes, cubed
- 1 Onion, chopped
- 1 Cup of Spinach or Kale, chopped
- 2 Cups of Vegetable Broth
- ¾ Cup of Heavy Cream
- 2 Tbsp of Minced Garlic
- 1 ½ tsp Cayenne Pepper (I like it spicy - taste broth halfway through and adjust spices to your taste)
- 1 ½ tsp Onion Powder
- ½ tsp Garlic Powder
- Salt to taste
- Red Pepper Flakes (optional)

##### **Instructions:**

1. Chop onion, spinach or kale, cube potatoes, and mince garlic. Put each in separate bowls and set aside.
2. In a large pot over medium heat, add a drizzle of olive oil and squeeze the sausage from its casing into the pot. Cook for 3-5 minutes.
3. Add onions to the pot and sauté until golden brown.
4. Add garlic and mix it around for 1-2 minutes until fragrant.
5. Add vegetable broth, cayenne, salt, and red pepper flakes (optional). Bring to a boil.
6. Once boiling, add potatoes and bring down to a simmer for about 20-30 minutes or until potatoes are fully cooked, stirring occasionally.
7. Add cream and spinach/kale and stir occasionally for 3-4 minutes or until the greens wilt.
8. Serve with bread and butter and you've got a yummy, spicy, hot meal!