



Long Livo

Slow Cooker Zuppa Toscana Soup

15 min

Prep time

6

Servings

6 h

Cook time

Easy

Difficulty

6 h 15 min

Total time

Italian

Cuisine

Ingredients

Main Ingredients

- ☐ 1 lb beef sausage, sliced
- ☐ 4 medium Yukon Gold potatoes, diced
- ☐ 4 cups kale, stems removed and leaves chopped
- ☐ 1 medium onion, finely chopped
- ☐ 3 cloves garlic, minced
- ☐ 4 cups low-sodium chicken broth

- ☐ 1 cup heavy cream
- ☐ 2 tbsp olive oil
- ☐ Salt and freshly ground black pepper to taste

Optional Garnish

- ☐ Grated Parmesan cheese
- ☐ Crushed red-pepper flakes
- ☐ Fresh parsley, chopped

Instructions

- 1 Heat olive oil in a skillet over medium heat; add sliced sausage and cook until browned, about 5 minutes. Transfer sausage to the slow-cooker.
- 2 In the same skillet, sauté onion and garlic until translucent, then add diced potatoes. Pour everything into the slow-cooker.
- 3 Add chicken broth, season with salt and pepper, and stir. Set the slow-cooker to low and cook for 5-6 hours.
- 4 About 30 minutes before serving, stir in kale and let it wilt. Finally, swirl in heavy cream, adjust seasoning, and serve hot with optional garnish.
- 5 Enjoy the warmth, and remember to savor the moment – maybe with a slice of banana bread for a sweet finish.

Nutrition per serving

420 kcal

Calories

20 g

Protein

34 g

Carbs

24 g

Fat

Tips & notes

- If the soup is too thick, thin with additional broth or water.
- For a richer flavor, use half-and-half instead of heavy cream.
- Stir gently before serving to distribute the cream evenly.