

Choco Fever Dream

Slow Cooker Zuppa Toscana Soup

15 min Prep time	**6 h** Cook time	**6 h 15 min** Total time
6 Servings	**Easy** Difficulty	**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	20 g	34 g	24 g
Calories	Protein	Carbs	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.