

**GREEN
CHEF**

CREAMY ITALIAN SAUSAGE SOUP

with butternut squash, Lacinato kale & coconut milk

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

830

MENU

PALEO // GLUTEN-FREE

An Italian classic updated for the paleo palate. *Zuppa toscana* — a nourishing Tuscan-style soup — is prepared here with pork sausages, butternut squash, and Lacinato kale. It's all simmered in a creamy coconut milk-based broth seasoned with Italian herbs. A dash of crushed red pepper flakes adds a touch of heat throughout.

INGREDIENTS (9 ITEMS)

3 whole **Italian pork sausages**
7 oz **Butternut squash**
4 oz **Lacinato kale**
¼ oz **Garlic**
3 ½ oz **Yellow onions**
13 ½ oz **Coconut milk** T
8 oz **Chicken broth**
¼ tsp **Italian seasoning**
½ tsp **Crushed red pepper flakes**

WHAT YOU'LL NEED

large pot with lid
measuring cup & spoons
peeler
can opener

ALLERGENS

T TREE NUTS (coconut)



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

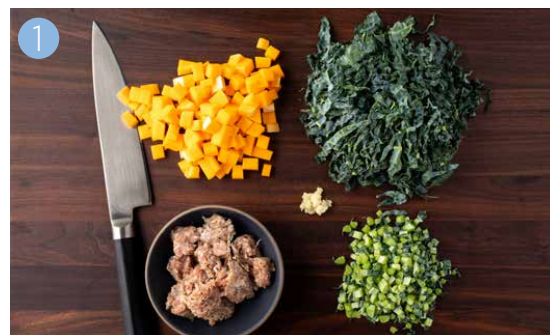
GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Wash hands and surfaces after handling raw pork. Consuming raw or undercooked pork can be harmful to your health. Go to help.greenchef.com for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at help@greenchef.com

1 PREP VEGGIES & SAUSAGES

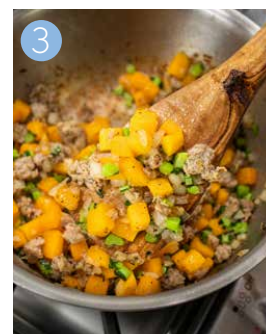
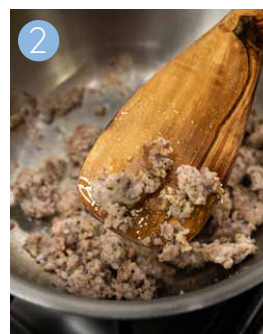
- Remove **Italian pork sausages** from casings.
- Remove any seeds from **butternut squash** with a spoon. Carefully peel with a sharp peeler.* Medium dice into about ½-inch pieces.
- Mince **garlic**.
- Remove center stems from **Lacinato kale**. Slice **stems** into about ¼-inch pieces. Roll **leaves** into a large “cigar” and slice across into about ¼-inch wide ribbons. Roughly chop ribbons.

**Another Option: If you don't have a sharp peeler, carefully remove peel with a sharp knife. Lay squash flat, then cut away from your body using curved, downward cuts.*



2 START SOUP

- Heat about 1 ½ tablespoons cooking oil in a large pot over medium-high heat. Add **sausages** to hot pot. Stir to break up. Cook 3–4 minutes, or until lightly browned, stirring occasionally.



3 ADD VEGGIES

- Reduce heat on pot with sausages to medium. Add **squash**. Season with salt and pepper. Stir to combine. Cover pot with lid. Cook 5–7 minutes, or until squash slightly softens, stirring occasionally.
- Add **yellow onions, garlic, and kale stems**. Season with **Italian seasoning**. Stir to combine. Cook 3–4 minutes (uncovered), or until onions are translucent and sausages are fully cooked, stirring occasionally.*

**Take Note: Sausages are fully cooked when they're no longer pink.*



4 ADD BROTH

- Add **coconut milk, chicken broth**, and about ½ cup water to pot with sausages and veggies. Stir to combine. Bring to a boil. Simmer about 5 minutes, or until broth is slightly reduced and squash is tender, stirring occasionally.



5 FINISH SOUP

- Add **kale leaves** to pot with soup. Stir to combine. Cook 1–2 minutes, or until kale leaves are slightly wilted. Salt and pepper to taste.

6 PLATE YOUR DISH

- Divide **creamy Italian sausage soup** between bowls. Sprinkle with **crushed red pepper flakes** to taste (or omit).
- Enjoy!

