



**GREEN
CHEF**

CREAMY ITALIAN SAUSAGE SOUP

Coconut, mushroom & tomato broth, lacinato kale

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

880

NET CARBS PER SERVING

20 GRAMS

MENU

KETO // PALEO // GLUTEN-FREE

Classic zuppa toscana makes one delicious promise: spoonful after spoonful of meaty, veggie-packed goodness, pooled in silky, creamy broth. In this paleo riff on the hearty Tuscan soup, we fill a pot with crumbled, pan-seared pork sausages, roasted cauliflower, and silky lacinato kale and simmer everything with coconut milk and a tangy tomato broth. Add crushed red pepper flakes if you like some extra heat.

INGREDIENTS (9 ITEMS)

3 whole **Italian pork sausages***
7 oz **Cauliflower**
4 oz **Lacinato kale**
1 whole **Yellow onion**
¼ oz **Garlic**
10 ¼ oz **Coconut milk** ^T
5 ¼ oz **Tomato mushroom broth**
¼ tsp **Italian seasoning**
½ tsp **Crushed red pepper flakes**

WHAT YOU'LL NEED

large pot
baking sheet
medium bowl
measuring cup & spoons
oven mitt
cooking oil
salt & pepper

ALLERGENS

^T TREE NUTS (coconut)



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

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

*Ground pork is fully cooked when it's no longer pink.

Wash and dry fresh produce. Wash hands and surfaces after handling raw pork. Consuming raw or undercooked pork may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 START PREP

- Preheat oven to 425 degrees.
- Cut **cauliflower** into bite-size pieces if necessary.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay one half flat and small dice into pieces, about ¼ inch each (reserve remaining half for another use).
- Mince **garlic**.
- Remove and discard any thick center stems from **lacinato kale**. Roll leaves into a large "cigar" and slice across into ribbons, about ¼ inch wide. Roughly chop ribbons.

COOKING FOR 4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 SEASON & ROAST CAULIFLOWER

- Place **cauliflower** in a medium bowl. Drizzle with about 1 ½ tablespoons cooking oil. Season with about ½ teaspoon salt and a pinch of pepper. Stir to coat.
- Spread **cauliflower** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 18-20 minutes, or until fork-tender, stirring halfway through.

3 FINISH PREP & START SOUP

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

4 ADD AROMATICS

- Reduce heat on pot with sausages to medium.
- Add **onion** and **garlic**. Season with **Italian seasoning**, about ¼ teaspoon salt, and a pinch of pepper. Stir to combine. Cook 3-4 minutes (uncovered), or until sausages are fully cooked and onion is translucent, stirring occasionally.

5 ADD BROTH

- Add **coconut milk**, **tomato mushroom broth**, and about ½ cup water to pot with sausages and veggies. Stir to combine. Bring to a boil, then reduce heat to medium-low. Simmer about 5 minutes, or until broth is slightly reduced, stirring occasionally.

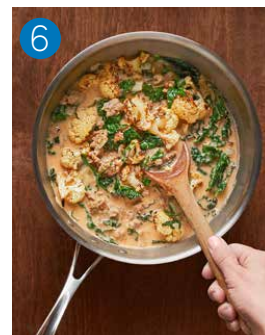
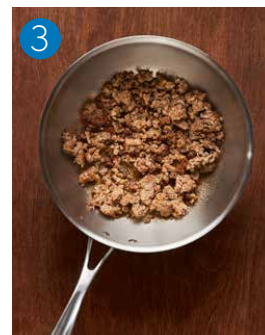
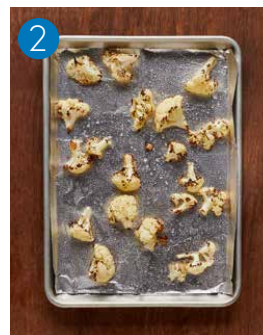
6 FINISH SOUP

- Transfer **cauliflower** to pot with soup. Add **kale**. Cook 1-2 minutes, or until kale is lightly wilted, stirring occasionally. Salt and pepper to taste.* Stir to combine.

**Taste the soup after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.*

7 PLATE YOUR DISH

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



Nutrition Facts

2 Servings per container

Serving size (558g)

Amount per serving

Calories 880

	% Daily Value*
Total Fat 71g	91%
Saturated Fat 36g	180%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 1610mg	70%
Total Carbohydrate 25g	9%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 41g	
Vitamin D 0mcg	0%
Calcium 145mg	10%
Iron 4mg	20%
Potassium 660mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:
Italian Pork Sausages [pork, water, spices, salt, garlic, vinegar], Cauliflower, Yellow Onion, Garlic, Lacinato Kale, Coconut Milk [coconut extract, water, citric acid, sodium metabisulfite], Crushed Red Pepper Flakes, Italian Seasoning [spices (basil, rosemary, marjoram, oregano, thyme)], Tomato & Mushroom Broth (Mushroom Broth [water, mushrooms, sea salt, garlic], Balsamic Vinegar [balsamic vinegar, grape must], Ground Tomatoes [tomatoes, tomato puree, sea salt, citric acid], Ascorbic Acid [ascorbic acid])

Allergen information:
Contains Tree Nuts

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.