



CREAMY ITALIAN SAUSAGE SOUP

cauliflower, lacinato kale, tomato mushroom broth

COOK TIME	SERVINGS	CALORIES PER SERVING	NET CARBS PER SERVING	MENU
30 MIN	2	770	16 GRAMS	KETO // PALEO // GLUTEN-FREE

This paleo-friendly soup makes one delicious promise: You'll get spoonful after spoonful of hearty, Tuscan-style goodness. Just dip your spoon into a mix of crumbled pan-seared Italian pork sausage, tender roasted cauliflower, and ribbons of lacinato kale in a silky tomato mushroom broth with coconut milk. Looking for a spicy kick? Add a pinch of red pepper flakes from your pantry in Step 4 (along with the Italian seasoning). *Buon appetito!*

INGREDIENTS (8 ITEMS)

7 oz	Cauliflower
1 whole	Yellow onion
¼ oz	Garlic
3½ oz	Lacinato kale
3 whole	Italian pork sausages*
½ tsp	Italian seasoning
10 oz	Coconut milk <small>T</small>
5¼ oz	Tomato mushroom broth

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.

*Sausage 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 PREP

- Preheat oven to 425 degrees.
- Cut **cauliflower** into bite-size pieces if necessary.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- 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.

^{}To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).*

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 1½ 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 COOK SAUSAGE

- Remove **Italian pork sausages** from casings.
- Heat about 1½ tablespoons cooking oil in a large pot over medium-high heat. Add **sausage** to hot pot. Cook 3–4 minutes, or until lightly browned, breaking up **sausage** into pieces.

4 ADD AROMATICS

- Reduce heat under pot with **sausage** to medium.
- Add **onion** and **garlic**. Season with **Italian seasoning**, about ¼ teaspoon salt, and a pinch of pepper. Cook 3–4 minutes, or until sausage is fully cooked and onion is translucent, stirring occasionally.

5 ADD BROTH

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

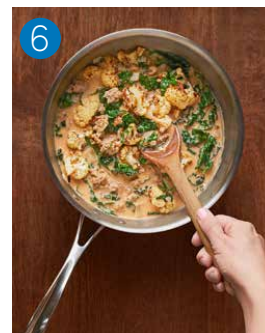
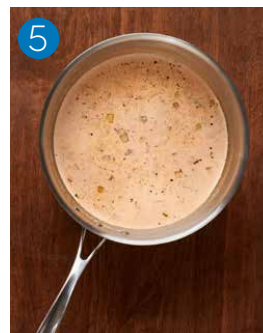
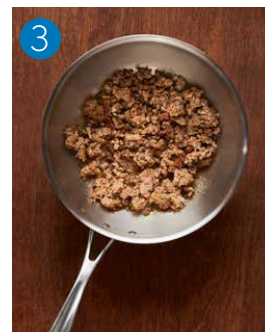
6 FINISH SOUP

- Transfer **roasted cauliflower** to pot with **soup**. Add **kale**. Cook 1–2 minutes, or until kale is lightly wilted, stirring occasionally. Season with salt and pepper to taste.^{*}

^{}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. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (555g)

Amount per serving

Calories **770**

	% Daily Value*
Total Fat 59g	76%
Saturated Fat 27g	135%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 1900mg	83%
Total Carbohydrate 21g	8%
Dietary Fiber 5g	18%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 38g	
Vitamin D 0mcg	0%
Calcium 172mg	15%
Iron 5mg	30%
Potassium 928mg	20%

* 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 milk], **Italian Seasoning** [basil, rosemary, marjoram, oregano, thyme], **Tomato & Mushroom Broth** (Mushroom Broth [water, organic mushrooms, sea salt, organic garlic], Balsamic Vinegar [wine vinegar, concentrated grape must, caramel color], Ground Tomatoes [organic tomatoes, organic 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.