



Zuppa Toscana alla Hungry Girl



1/10 of recipe (about 1 1/3 cups): 205 calories, 8.5g total fat (3g sat. fat), 747mg sodium, 19g carbs, 3g fiber, 5g sugars, 14g protein

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Prep: 15 minutes **Cook:** 30 minutes



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Ingredients

1 tbsp. olive oil
1 cup chopped onion
1 1/2 tbsp. chopped garlic
5 links raw lean Italian turkey or chicken sausage, casings removed
6 cups reduced-sodium chicken broth
20 oz. (about 2 medium) russet potatoes, cubed
5 cups chopped kale
5 cups frozen cauliflower florets, thawed
1 cup fat-free milk
1/2 cup light/reduced-fat cream cheese
1/4 tsp. salt, or more to taste
1/4 tsp. black pepper, or more to taste
Optional toppings: grated Parmesan cheese, crumbled bacon

Directions

Place oil in an [extra-large pot](#), and bring to medium heat. Add onion and garlic. Cook until fragrant, 1–2 minutes.

Add sausages, and break them up with a spatula. Cook and stir until browned, 4–5 minutes.

Add broth, potatoes, and kale. Bring to a boil.

Reduce to a simmer. Cover and cook for 5 minutes, or until potatoes and kale are mostly tender.

Meanwhile, in a blender or food processor, combine thawed cauliflower, milk, and cream cheese. Puree until mostly smooth and uniform.

Add cauliflower puree to the pot. Cook and stir until potatoes are tender, kale has wilted, and soup is hot, 5–7 minutes.

Season with salt and pepper.

MAKES 10 SERVINGS

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