

Zuppa Toscana

Oshkosh Community YMCA

Zuppa Toscana is oh-so-good! This recipe has just the right amount of spice to keep you coming back for more!

INGREDIENTS:

- 1 pound bulk mild Italian sausage
- 1 ¼ teaspoons crushed red pepper flakes
- 4 slices bacon, cut into 1/2 inch pieces
- 1 large onion, diced
- 1 tablespoon minced garlic
- 5 (13.75 ounce) cans chicken broth
- 6 medium potatoes, thinly sliced
- 1 cup heavy cream
- ¼ bunch fresh spinach, tough stems removed



INSTRUCTIONS:

- 1. Cook Italian sausage and red pepper flakes in a Dutch oven over medium-high heat until crumbly, browned, and no longer pink, 10 to 15 minutes. Drain and set aside.
- 2. Cook bacon in the same Dutch oven over medium heat until crisp, about 10 minutes. Drain, leaving a few tablespoons of drippings with the bacon in the bottom of the Dutch oven. Stir in onions and garlic; cook until onions are soft and translucent, about 5 minutes.

3. Stir in chicken broth and bring to a boil over high heat. Add potatoes and simmer until fork tender, about 20 minutes. Reduce heat to medium; stir in cream, cooked sausage, and spinach. Cook and stir until spinach has wilted and sausage is warmed through; serve.

Nutrition Facts

Servings Per Recipe 6 Calories 554

	% Daily Value *
Total Fat 33g	42%
Saturated Fat 15g	75%
Cholesterol 99mg	33%
Sodium 2386mg	104%
Total Carbohydrate 46g	17%
Dietary Fiber 6g	20%
Total Sugars 5g	
Protein 20g	
Vitamin C 49mg	244%
Calcium 86mg	7%
Iron 3mg	17%
Potassium 1248mg	27%

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.