

## One-Pot Zuppa Toscana: A Creamy, Hearty, and Delicious Soup

One-Pot Zuppa Toscana: Your New Favorite Cozy Dinner



**TIME**  
**45 min**

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**ChefManiac**

### INGREDIENTS

- 1 lb spicy Italian sausage, casings removed
- 1 large onion, chopped
- 3 cloves garlic, minced
- 1/2 tsp red pepper flakes
- 4 cups chicken broth
- 2 cups water
- 1 lb russet potatoes, peeled and sliced thin
- 1 cup heavy cream
- 4 cups fresh kale, stems removed and chopped
- Salt and black pepper, to taste
- Grated Parmesan cheese, for garnish

#### Swaps and Notes:

**Sausage:** Spicy Italian sausage is a must for the classic flavor, but you can use mild Italian sausage or even ground turkey or chicken if you prefer.

**Potatoes:** Russet potatoes are a great choice for this recipe because they become tender and starchy, helping to thicken the soup. You can also use Yukon Gold potatoes.

**Kale:** Fresh kale is a great addition, but you can also use frozen kale or even spinach. Just be aware that spinach will cook down faster.

**Cream:** Heavy cream gives the soup its rich, creamy texture. You can use half-and-half for a lighter version, but it won't be as thick.

**Spice:** The red pepper flakes add a little bit of a

kick. You can adjust the amount to your liking.

Directions:

**Brown the Sausage:** In a large pot or Dutch oven, cook the Italian sausage over medium-high heat, breaking it up with a spoon, until it is browned and cooked through. Remove the sausage with a slotted spoon and set it aside, leaving a little of the drippings in the pot.

**SautØ the Vegetables:** Add the chopped onion and cook for 5-7 minutes until softened. Add the minced garlic and red pepper flakes and cook for another minute until fragrant.

**Add Broth and Potatoes:** Pour in the chicken broth and water, scraping up any browned bits from the bottom of the pot. Add the sliced potatoes and stir.

**Simmer:** Bring the soup to a boil, then reduce the heat to a simmer. Cover the pot and let it cook for 15-20 minutes, or until the potatoes are fork-tender.

**Add Sausage and Kale:** Return the cooked sausage to the pot. Stir in the fresh chopped kale and let it cook for 3-5 minutes, or until the kale has wilted.

**Add the Cream:** Reduce the heat to low. Stir in the heavy cream and let it heat through for 2-3 minutes. Do not let the soup boil after adding the cream, as it can curdle.

**Taste and Serve:** Taste the soup and adjust the seasoning with more salt and pepper if needed. Ladle the soup into bowls, garnish with a sprinkle of grated Parmesan cheese, and serve hot.

Tips for Success:

**Brown the Sausage Well:** Searing the sausage is a crucial step. It develops a rich, savory flavor that is the foundation of this soup.

**Don't Boil the Cream:** Once you add the heavy cream, keep the heat on low. Boiling the cream can cause it to separate and give the soup a grainy texture.

**Slice the Potatoes Thinly:** Thinly sliced potatoes will cook faster and give the soup a better texture.

**Let It Rest:** Let the soup sit for a few minutes before serving. This allows the flavors to meld and the soup to thicken slightly.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: Approximately 450

Protein: 25g

Fat: 30g

## DIRECTIONS

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11. **Let : It Rest:** Let the soup sit for a few minutes before serving. This allows the flavors to meld and the soup to thicken slightly.
12. **Serving Suggestions and Pairings:** This One-Pot Zuppa Toscana is a complete meal on its own, but it pairs wonderfully with a side of crusty bread for dipping. For another great savory meal, you might also like my recipe for This Tomato Skillet with Okra and Sausage is My Favorite Quick Dinner Packed with Southern Flavor-it's a great option.
13. **Nutritional Information (Per Serving):** Please note: This is an approximation and can vary based on the specific ingredients used.
14. **Calories:** Approximately 450
15. **Protein:** 25g
16. **Fat:** 30g
17. **Carbohydrates:** 20g
18. This is a hearty, protein-rich meal that will leave you feeling full and satisfied.
19. **Storage and Leftover Tips:** Leftover soup can be stored in an airtight container in the refrigerator for up to 3 days. The potatoes and rice will continue to absorb liquid, so the soup will likely be thicker when you reheat it. To thin it out, simply add a splash of chicken broth or water. You can also freeze the soup (without the cream) for up to 3 months. When reheating, thaw it and then add the cream.
20. **More Recipes You Will Love:** If you're a fan of simple, delicious and hearty meals, you'll love some of my other creations. For another classic comfort food experience, you can't go wrong with my Classic Spaghetti Recipe with Homemade Sauce. For a fun, interactive dinner, my This Walking Taco Bar is My Favorite No-Fuss Way to Feed a Crowd is a lifesaver. And for another great hearty meal, you can't go wrong with my recipe for These Easy Turkey Wings are My Favorite Comfort Food for Lazy Sundays.
21. **Final Thoughts:** This One-Pot Zuppa Toscana is a recipe that is sure to become a new favorite in your home. It's a simple, classic comfort food that's perfect for any occasion. It's warm, cozy, and tastes like home.
22. I'd love to know what your favorite soup is! Let me know in the comments below. And don't forget to follow me for more delicious recipes. Happy cooking!

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**More recipes:** [ChefManiac.com](https://chefmaniac.com)

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