

Keto Zuppa Toscana

10 servings | Prep 10 min | Cook 35 min | Total 45 min

One Dutch oven or large lidded pot; bowls for reserved sausage and bacon.

QTY	INGREDIENT	COOK	RESERVE / SIMMER	FINISH
454 g	Italian sausage, ground	1. In the Dutch oven, cook over medium-high heat 10-15 min, breaking up sausage, until browned and no pink remains.	Add garlic; cook 30 sec. Drain and transfer mixture to a bowl. Reserve until step 4.	
55 g	Onion, diced			
1 g	Crushed red pepper; more to taste			
9 g	Garlic, minced			4. Reduce pot to medium heat. Stir in cream and the reserved sausage mixture; heat through.
168 g	Raw bacon, cut into pieces	2. In the same pot, cook bacon until crisp.	Transfer bacon to a second bowl; reserve until step 5.	5. Stir kale and reserved bacon into the pot a couple of minutes before serving.
1,920 g	Chicken broth	3. In the same pot, bring broth to a boil over high heat.	Add cauliflower; boil about 15 min, until fork-tender. Mash some in the pot if a creamier soup is desired.	6. Optional: Sprinkle xanthan gum over the soup, whisk in quickly, and simmer until thickened. KETO ZUPPA TOSCANA Ready to serve
428 g	Cauliflower florets			
238 g	Heavy cream			
105 g	Kale, stems removed, coarsely chopped			
1.5-3 g	Xanthan gum (optional)			

Optional garnish: Grated Parmesan, to taste (source gives no amount).

Conversion estimates: 1 lb sausage = 454 g; half a medium onion = 55 g; red pepper = 2 g/tsp; minced garlic = 9 g/tbsp; bacon = 28 g/raw slice; broth = 240 g/cup; cauliflower = 107 g/cup; cream = 238 g/cup; kale = 21 g/loosely packed cup; xanthan gum = 3 g/tsp. Actual weights vary.

Source note: This adaptation uses kale instead of spinach. Beef bone broth is an alternative in the source. More cauliflower makes the soup thicker; it is otherwise chunky.

Adapted from: Christy Denney, The Girl Who Ate Everything, "Keto Zuppa Toscana."
the-girl-who-ate-everything.com/keto-zuppa-toscana/