

Slow Cooker Low-Carb Zuppa Toscana Soup



Ingredients to serve 10

- 1 pound mild or hot ground Italian sausage
- 1 tablespoon Coconut Oil or Avocado Oil.
- 1/2 cup finely diced onion
- 3 garlic cloves, minced
- 36 ounces chicken or vegetable stock
- 3 packed cups chopped Kale
- 3 large Daikon radishes diced into small cubes to simulate potatoes
- 1/4 teaspoon crushed red pepper flakes
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup heavy cream

Instructions

1. Brown the ground sausage in a skillet over medium heat until done.
2. Using a slotted spoon, remove the sausage and place it into at least a 6-quart slow cooker. Discard the grease.
3. Place the oil in the same skillet and sauté the onions for 3-4 minutes or until translucent.
4. Add the onions, chicken or vegetable stock, Daikon radishes, kale, crushed red pepper flakes, salt, and pepper to the slow cooker. Mix until combined.
5. Cook on high for 4 hours or on low for 8 hours.
6. Add the heavy cream and mix until combined.
7. Serve hot.

Approximate Nutrition Data

Protein: 14 grams

Carbs: 7

Calories: 246

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