

Melody's Low Carb Zuppa Di Toscana

by Melody Farris

Melody is a LFM Committee Member. The LFM monthly meetings can be long (but fun) and during dinner time, so sometimes a member will make dinner for the team. This month, Melody made this Zuppa Di Toscana recipe and everyone loved it! Melody makes hers in an Instant Pot, which only 20 minutes to cook, plus she adds cauliflower instead of potatoes to cut down on the carbs! Enjoy.

Ingredients

- 6 thick slices bacon
- 1 tbs olive oil
- 1 yellow onion, chopped
- 1 T minced garlic
- 1 lb Turkey sausage
- 4 cups chopped cauliflower
- 6 cups chicken stock or canned chicken broth
- pinch red pepper flakes
- salt and fresh-ground black pepper to taste
- 4 cups chopped kale
- 1 cup heavy cream
- Grated Parmesan Cheese (Optional)

INSTANT POT Directions

1. Cut Bacon into smaller pieces, Chop onion, cauliflower, and the kale. (cut the kale away from the ribs, and then chop)
2. Set the Instant Pot to SAUTE and HIGH temperature, add the chopped bacon and cook until crisp. Remove bacon with a slotted spoon.
3. Turn Instant Pot down to SAUTE at NORMAL temperature; add tbs oil and chopped onion and cook 2-3 minutes. Then add the minced garlic and cook another minute.
4. Squeeze the Italian sausage out of the casings into the Instant Pot and cook the sausage while you break it apart
5. Add the chopped cauliflower, chopped kale, chicken stock, red pepper flakes, salt, fresh-ground black pepper. Lock the lid and set the Instant Pot to Soup and cook for 20 Minutes.
6. After the time to cook to pressure and cooking time of two minutes is up, use QUICK RELEASE to release the pressure.
7. Then stir in the cream and bacon pieces and stir to heat it through.
8. Serve hot, with freshly-grated Parmesan cheese to add at the table.

STOVETOP Directions:

1. Use the same ingredients and prepare as above, but add 1 cup more chicken stock and 1/4 cup more cream for the stove top version.
 2. Cook the bacon in a large soup pot over medium-high heat until crisp, about 5 minutes. Remove bacon to a plate.
 3. Add chopped onion to the soup pot and cook a few minutes, until starting to brown, then add the minced garlic and cook 1-2 minutes more.
 4. Squeeze out sausage into the soup pot and cook until browned, about 10-15 minutes. Don't rush this because browning adds flavor.
 5. Then add the chopped cauliflower, chicken stock, red pepper flakes (if using), salt, fresh-ground black pepper, and cooked bacon. Let the soup come to a low boil, then reduce heat to medium low and simmer 20-25 minutes, or until the cauliflower is done to your liking.
 6. Add the chopped kale and turn the heat up to medium; cook the soup 5-10 minutes more, depending on how soft you like the kale.
- Let the soup cool a few minutes if it's bubbling before you add the cream. Then stir in cream and heat it through over very low heat.