

# Slow Cooker Zuppa Toscana with Sweet Potatoes

Yields: 6 servings

## Ingredients

- 1 pound ground spicy sausage
- 3 sweet potatoes (about 1.5 pounds), washed and sliced (no need to peel)
- 1 bunch of kale, washed and chopped
- 1.5 teaspoons fennel seeds
- 1.5 teaspoons paprika
- 1 teaspoon black pepper
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 8 cups chicken broth
- 1 cup heavy cream (or half and half)



## Directions

1. Break apart the sausage and add all ingredients to your slow cooker, except the heavy cream.
2. Cook 8 hours on "low" setting or until sausage is cooked through.
3. Add heavy cream and stir to heat through.

## To Freeze and Cook Later

1. To a gallon-sized plastic freezer bag, add all ingredients (except chicken broth and heavy cream. You can freeze the cream in a separate bag or wait to buy it until you're ready to cook the soup).
  2. When ready to eat, thaw.
  3. Dump bag into slow cooker and add chicken broth.
  4. Cook for 8 hours on "low" setting or until sausage is cooked through.
  5. Break apart sausage and add heavy cream. Stir to heat through.
- Serve with fresh bread. YUM.