

Low Carb Zuppa Toscana

Every bit of the flavor & textures without the carbs!

Ingredients

- 1 lb Italian turkey sausage (I used spicy)
- 1 medium onion, diced
- 1 rib celery, sliced
- 1 small green pepper, diced
- 3 cloves garlic, minced
- 16 oz package frozen cauliflower florets (or 1 lb head fresh)
- 6 cups chicken broth
- 6 cups kale, torn into bite-sized bits
- ½ cup half & half
- Salt & pepper



Directions

1. Brown ground meat and add onions, celery, garlic & peppers. Saute until veggies are softened.
2. Add cauliflower & chicken broth and bring to boil. Reduce heat and simmer for 15-20 minutes or until cauliflower is tender.
3. Add kale and cook until tender.
4. Stir in half & half.
5. Serve hot!

Makes 4-6 servings

Nutrition Facts: (for 6 servings)

Calories 205
Total Fat 5.5g
Total Carbohydrates 16g
Dietary Fiber 3g
Protein 24g