

IT'S ZUPPA TIME!

LET'S MAKE ZUPPA TOSCANA!

ZUPPA TOSCANA is one of my favorite soups! I know Terry and I differ on this, but SOUP IS A MEAL! SO, if you are like me and look forward to the fall and winter season, then this is a fun one.

What I like about this recipe is that you can add heavy cream or leave it out for a dairy-free option. Instead of using Italian sausage, you can substitute ground or shredded turkey or chicken. Any of these options are great. I have even thrown in a can of white beans for extra protein occasionally.

What makes this soup an Italian soup is the seasonings. At PINETOP OLIVE OIL we hand-blend our own Italian TUSCAN SEASONING. It's MSG-free, heavy on the garlic with a pinch of heat on the back end. It is also great to use paired with your favorite olive oil and balsamic vinegar for bread dipping.

But before we dive in, WHAT IS ZUPPA TOSCANA? Let's break it down; in Italian, "zuppa" means soup. Toscana is a region in Italy.... so we are talking about making Tuscan-style soup. Sort of like a minestrone, but traditionally many Tuscan soups are loaded with vegetables, white beans, olive oil, lots of garlic, seasonings and of course served with warm focaccia bread. My Zuppa is made with spicy/hot Italian sausage, fresh kale, yellow potatoes. And yes, LOTTA garlic. All made in ONE POT!

I use a combination of seasonings and, as mentioned, go heavy on the fresh garlic. I use about 10 to 12 cloves of garlic. Sounds like a lot, but when the garlic is sautéed, it gives the broth an authentic Italian flavor. Remember, garlic is considered a superfood! ZUPPA TOSCANA is also gluten-free. So, Let's make this!

Here is what you will need:

INGREDIENTS:

- 1 pound spicy/hot Italian ground sausage
- 5 tablespoons of PINETOP OLIVE ITALIAN HERB OLIVE OIL
- 1 small white onion, diced
- 10-12 cloves of fresh garlic, minced
- 8 cups of chicken broth
- 5-6 yellow potatoes, cut in half and sliced about 1/2 inch thick
- 2 cups of heavy cream
- 1 tablespoon PINETOP OLIVE OIL HAND BLENDED TUSCAN SEASONING
- 1 teaspoon of WATKINS Herbs de Provence (we have that also)
- 4 cups of chopped kale (bite-size)
- Freshly grated parm cheese (optional but worth it!)

DIRECTIONS:

- In a large pot, drizzle PINETOP OLIVE OIL ITALIAN HERB and sauté Italian sausage until it browns.
- In the same pot, add your chopped onion and cook until they are translucent. (if needed, add more olive oil)
- Add the minced garlic and sauté until they are fragrant: about a minute.
- Add chicken broth, potatoes, dried seasoning and bring to a boil.

- Reduce heat and cook until the potatoes are almost done.
- Add the chopped kale, cook until wilted and soft.
- Add in heavy cream and stir until it's combined and heated thoroughly.
- Finish with a topping of fresh parm!

I hope you love this one as much as I do.

At PINETOP OLIVE OIL we carry our own brand of Italian and Classic Focaccia bread mix. It is ready in one hour, and you bake it in your oven or on your grill until it is golden brown. It pairs well with this soup!

Enjoy!

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