



ZUPPA TOSCANA

SERVES 2 OR 4

TIME: 50 MIN

CALORIES: 1020/SERVING



We mix potatoes, plant-based sausages, and kale for a hearty, warming soup. The coconut milk and herbs round out this Italian-inspired meal.

WHAT YOU'LL NEED

- Large pot

- Oil



WHAT'S INSIDE

	2 servings	4 servings
Vegan sausages	2	4
Potatoes	2	4
Kale	1/4 bunch	1/2 bunch
Onion	1	2
Garlic	5 cloves	10 cloves
Coconut broth	1 cup	2 cups
Spice blend	2.5 tbsp	5 tbsp

Nutrition Facts	
Valeur nutritive	
Per Serving (1292 g)	
pour 1 (1292 g)	
Calories 1020	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 56 g	75 %
Saturated / saturés 31 g	
+ Trans / trans 0 g	155 %
Carbohydrate / Glucides 103 g	
Fibre / Fibres 14 g	50 %
Sugars / Sucres 12 g	12 %
Protein / Protéines 36 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 2400 mg	104 %
Potassium 2800 mg	60 %
Calcium 300 mg	23 %
Iron / Fer 14 mg	78 %
*5% or less is a little 15% or more is a lot	
*5% ou moins c'est peu 15% ou plus c'est beaucoup	

OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!



Prep ingredients: peel and chop **potatoes** into bite-sized chunks, peel and finely dice **garlic** and **onion**, remove stems from **kale** and chop into bite-sized pieces, and slice **sausages** into rounds.



Heat 2 tbsp of **oil** (4 tbsp for 4 servings) in a large pot over medium heat. Once hot, add **sausages, shallots, and garlic**. Cook for 5 minutes until **sausages** begin to brown.



Add **spice blend** to the pot and stir well. Cook for another 5 minutes, until fragrant.



Add **potatoes, kale, coconut broth, and 4 cups of water** into the pot and bring to a boil.



Stir, cover, and set heat to low. Cook for 30 minutes, stirring occasionally. Remove from heat and serve immediately.