

DF / GF ZUPPA TOSCANA

9 ingredients · 30 minutes · 6 servings



Directions

1. Sauté onions in ghee or avocado oil over medium heat for 3-5 minutes with a pinch of sea salt.
2. Add carrots and sauté for another 2 minutes.
3. Brown sausage in that mixture until cooked through.
4. Add garlic in the last 1-2 minutes of sautéing and then add potatoes, broth, and salt and pepper to taste.
5. Bring to a boil and simmer for 10-15 minutes until potatoes are tender.
6. Remove from heat. Add spinach and stir. Add coconut milk and serve immediately.

Ingredients

1 pound Pork Sausage (Read the label! No nitrates, MSG or weird preservatives)

4 cups Red Potato (sliced in thin strips)

2 cups Baby Spinach (fresh packed, rough chopped)

1 cup Carrot (peeled and diced small)

1 Yellow Onion (diced)

2 Garlic (cloves, minced)

5 cups Organic Chicken Broth (more if desired: homemade preferred)

1 cup Organic Coconut Milk (Canned, full fat, just the top creamy part)

1/4 cup Ghee (or vegan butter if allergic to ALL dairy)

Nutrition

Amount per serving

Calories	175	Cholesterol	24mg
Fat	16g	Sodium	848mg
Carbs	6g	Vitamin A	4005IU
Fiber	1g	Vitamin C	4mg
Sugar	4g	Calcium	34mg
Protein	3g	Iron	1mg