

# COOKING FOR WELLNESS

## Zuppa Toscana

*Leftovers: baked potato, and fresh spinach used for salad made into: Zuppa Toscana*

### **Ingredients:**

- 1 lb sausage or ground turkey/chicken
- ½ large onion diced
- 4 cloves garlic minced
- 1 tsp salt (to taste)
- ¼ tsp pepper or to taste
- pinch red pepper flakes
- 4 c. leftover potatoes cut into chunks
- 2 c. spinach chopped (or kale)
- 1 bay leaf
- 6 c. low sodium chicken or vegetable broth
- 1 c. unsweetened coconut milk or other dairy-free milk



### **Instructions:**

1. Cook sausage (or seasoned ground chicken/turkey) in a stock pot.
2. Add onions and sauté until soft.
3. Add garlic and cook for a minute.
4. Combine remaining ingredients: broth, potatoes, salt, pepper, red pepper flakes, and bay leaf. Bring to a boil, reduce heat and simmer for about 10 minutes or until potatoes are tender.
5. Add coconut milk (or other dairy-free milk) and spinach and simmer for another five minutes.
6. Adjust for additional salt/pepper for taste

### **Nutrition Information:**

6 servings, ~1 ¼ cup, ~300 kcals, 27 g carb, 17 g fat, 16 g protein, 342 mg sodium (based on ground sausage, if using ground chicken/turkey- less fat)

**Adapted from:** <https://eatwellspendsmart.com/zuppa-toscana/#recipe>



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