

Faux Zuppa Toscana

Adapted some from Kalyn's Kitchen



2 slices thick-sliced bacon, cut into short cross-wise slices (use more bacon if you prefer)
1 large yellow onion, chopped small
1 tablespoon minced garlic
2/3 pound Italian sausage, removed from casing, crumbled
1/3 pound turkey Italian sausage, removed from casing, crumbled
6 cups cauliflower, cut in small slices, not florets
7 cups low-sodium chicken broth
1 squirt sriracha sauce, or more to taste
salt and fresh-ground black pepper to taste
16 ounces coconut cream, Trader Joe's preferred
4 cups chopped kale, baby kale if you can find it
1 cup heavy cream
freshly-grated Parmesan to add at the table

Per Serving (excluding unknown items): 443 Calories; 41g Fat (74.0% calories from fat); 19g Protein; 14g Carbohydrate; 3g Dietary Fiber; 63mg Cholesterol; 345mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 7 1/2 Fat.

Carolyn T's Blog: tastingspoons.com

Servings: 9

NOTE: I use Trader Joe's coconut cream because it has next to no coconut flavor; but it's a healthy fat and provides a lovely creaminess to the soup. If you want coconut flavor, use Thai Kitchen. But that's not the flavor profile you're looking for in this soup.

1. Slice the bacon crosswise into short rectangular strips. Chop onion, cauliflower, and the kale.
2. Saute bacon in a large, deep pot until it begins to brown. Add chopped onion and cook until it's begun to take on a golden hue, 4-6 minutes..
3. Add the minced garlic and cook another minute.
4. Remove Italian sausage from its casings and add to the soup pot. Chop up sausage into small pieces as it cooks.
5. Add the numerous cups of low-sodium chicken broth and bring to a boil. Add the chopped cauliflower, sriracha, salt, fresh-ground black pepper. Bring to a low simmer, cover and cook for about 10 minutes. The cauliflower should still be fairly firm.
6. Add the chopped baby kale and press it below the surface. Bring to a simmer again and cook for 7 minutes. At this point the cauliflower should be cooked perfectly.
7. Remove about 2 cups of the cauliflower and 2 cups of broth to a deep bowl. Try not to get chunks of the Italian sausage. Use an immersion blender to puree well, then add back to the soup pot. This step is not necessary if you are fine with the thin broth of the soup - if you like it slightly thickened, then do add this step into the process.
7. Add the coconut cream and heavy cream and bring up to a simmer again, then remove from the heat. Serve hot, with freshly-grated Parmesan cheese to add at the table. This soup is best made the day ahead to allow the flavors to mellow and merge.