

## **Zuppa Toscana** (Whole 30, Paleo, Low Carb)

### **Shopping List:**

Serving size 4

- 4 slices of Whole 30 compliant turkey bacon (or regular bacon)
- 1/2 lb. Italian (turkey) sausage, or ground turkey prepared with a generous amount of Italian seasoning
- 1/4 tsp. crushed red pepper
- 1/3 daikon root, peeled and cut into bite sized cubes
- 1/2 onion, diced
- 1 tbsp. minced garlic
- 2 14.5 oz. cans chicken broth
- 2 cups kale, shredded and stems removed
- 3/4 can of full fat coconut milk
- 1 zucchini (optional), sliced and then halved
- Italian seasoning, generous amount to taste
- sea salt and pepper to taste

### **Directions:**

Sauté the Italian sausage or ground turkey in a medium or large sauce pan or non-stick skillet. If you're using plain ground turkey, add in a generous amount of Italian seasoning with a little salt and pepper. When fully cooked, set it aside in a separate dish.

While the sausage is cooking, wash and prepare the vegetables to be used in the soup.

Cook the turkey bacon in the same sauce pan or non-stick skillet until crispy. Remove it and set it aside. Add in the onions and garlic to the same large soup pot and sauté until the onions are softened and translucent.

Pour in the chicken broth and bring to a boil. Add in the daikon and boil for a couple of minutes before reducing the heat to medium and add in the zucchini, ground meat (or sausage), and the coconut milk. Allow to cook for about 5 minutes, stirring occasionally. Add in half of the bacon (torn into pieces) and kale to cook for another 2 to 3 minutes. When the kale is bright green and softened, remove from heat. Add salt and pepper to taste.

Add the remaining bacon pieces to the tops of each bowl before serving