

Khaleesi's Korner Healthy Winter Options Whole30 Zuppa Toscana

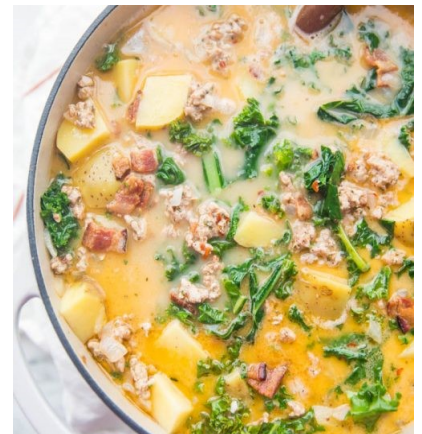


by Cheryl Malik with 40 Aprons

Yields: 6 Servings; Prep: 5 min ; Cook Time: 45 Min.

INGREDIENTS

- 4 slices Whole30-compliant bacon cut into about 1/2" Pieces
- 1 lb. Italian sausage made from page 2 recipe or store bought
- 1/2 Tsp crushed red pepper flakes
- 1 4 medium yellow potatoes (about 1 lb. 3 oz) diced into bite-sized pieces
- 1 medium white or yellow onion diced
- 2 Tbs. garlic minced (about 4 cloves)
- 4 cups chicken stock
- 1/2 bunch kale, stems removed and leaves chopped, 4 cups
- 1 can coconut milk
- Salt and pepper to taste



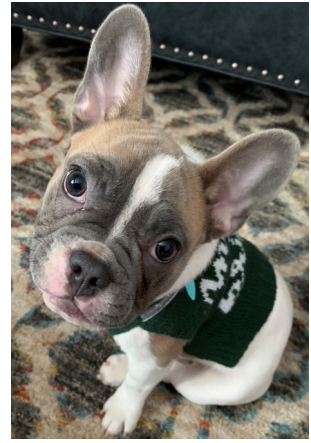
Step One: In a Dutch oven or heavy-bottomed medium pot over medium heat, add Italian sausage and sprinkle crushed red pepper flakes over. Use spoon to break up the pieces. When browned and cooked through, drain and set aside.

Step Two: Cook the bacon pieces in the same Dutch oven over medium heat until crisp, about 5-10 minutes. Remove the crisp bacon and set aside— don't get rid of the bacon fat: Stir in onions and garlic; cook until onions are soft and translucent. (about 5 minutes)

Step Three: Pour the chicken stock into the Dutch oven with onions and garlic, and bring to a boil over high heat. Add the potatoes, and boil until fork tender (about 10-20 minutes). Reduce the heat to medium and stir in the coconut milk and the cooked sausage; heat through. Add the bacon and the kale into the soup just before serving and cook until the kale is bright green and softened. Add salt and pepper to taste.

Step Four: Serve and Enjoy

Khaleesi's
Korner
Healthy Winter Options
Part Two: Homemade Sausage



Whole30 Zuppa Toscana

by Cheryl Malik with 40 Aprons

Yields: 6 Servings; Prep: 5 min ; Cook Time: 45
Min. (including page one)

INGREDIENTS

- 1 pound ground pork
- 1 Tbs. red wine vinegar
- 1 Tsp. Salt
- 1 Tsp. black pepper
- 1 Tbs. fresh chopped parsley or 2 tsp. dried
- 1 Tsp. garlic powder
- 1 Tsp. onion powder
- 1 Tsp. dried basil
- 1 Tsp. paprika
- 1 Tsp. red pepper flakes
- 1/4 Tsp. ground fennel seed (optional)
- Pinch of dried oregano
- Pinch of dried Thyme



Step One: Homemade Whole30 Sausage: combine all ingredients in a bowl and mix well. Alternately, combine all ingredients in the saucepan and stir well when browning.

Step Two: Continue to Page one and follow: Steps One through Four