

CREAMY KETO TUSCAN SOUP RECIPE

INGREDIENTS

- 1 lb breakfast sausage
- 1 onion, diced
- 2 stalks celery, diced
- 1/4 cup garlic, diced
- 1 cup roasted red peppers, drained, cut into 1" bites
- 8 oz cream cheese
- 3 cups beef stock
- 1 cup heavy cream
- 1 cup spinach or arugula

INSTRUCTIONS

1. In a large stock pot or dutch oven, brown sausage on medium high heat and break up into crumbles- about 5 minutes.
2. Remove sausage from pan and set aside - do not drain grease.
3. Add onions and celery to pot and cook to soft and lightly browned, about 6 minutes.
4. Add garlic and cook to softened and fragrant, stirring occasionally, about another 5 minutes.
5. Stir sausage back into vegetables, and add roasted red peppers and cream cheese. Stir until cream cheese is melted into meat and vegetables.
6. Stir well and slowly add in beef stock, stirring as you add. Bring to a rapid boil.
7. Remove from heat and slowly stir in cream, whisking as you add to soup.
8. Return soup to heat when cream has been well whisked into soup.
9. Bring to a light boil to slightly reduce soup. Add spinach in and let wilt.
10. When spinach is wilted and soup has thickened, remove from heat and serve immediately.

Twists chicken stock, kale, half and half and cut up cherry tomatoes at the end.

Enjoy 😊