



**Heart & Home**  
*Wellness Table Series*



Ronald McDonald  
House Charities®  
Central Ohio

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# Tuscan Soup

Made with savory sausage and white beans from the pantry, this soup is hearty enough to work as a main course.

Serving Size: 1 1/2 cups | Servings: 8 | Total Time: 45 mins



## NUTRITION NOTES

- Savory and satisfying, **Italian sausage** adds rich flavor and protein, making this soup hearty enough to enjoy as a filling main dish.
- Creamy and nourishing, **white beans** provide plant-based protein and fiber, helping support heart health and lasting energy.
- Earthy and vibrant, **kale** brings a boost of vitamins A, C, and K while adding color and texture to every bowl.
- Tender and comforting, **red potatoes** add natural creaminess and carbohydrates, helping make the soup warm, filling, and satisfying.

# Tuscan Soup

## INGREDIENTS

- 1/2 pound ground sweet Italian sausage
- 1 yellow onion, diced
- 2 cloves garlic, minced OR 2 teaspoons garlic powder
- 1 15 ounce can no salt added white (great northern, cannellini) beans
- 1/2 teaspoon paprika
- 3 cups low-sodium chicken broth
- 1 cup water
- 2 cups low-fat milk
- 1 pound red potatoes, sliced
- 1/2 pound kale, chopped
- 1 pinch red pepper flakes (optional)
- 1/4 teaspoon black pepper
- 1/8 teaspoon salt
- 2 Tablespoons dried fennel
- 3 Tablespoons tomato paste

## NUTRITION FACTS *(per serving)*

Serving Size: 1 1/2 cups | Servings Per Recipe: 8 | Calories: 240

- Total Fat: 10g
- Sodium: 280mg
- Total Carbohydrates: 26g
- Protein: 13g

\*Option to substitute unflavored soy milk for non-fat milk to provide similar protein and micronutrient profiles.

## INSTRUCTIONS

1. Add the sausage and 2 Tablespoons dried fennel to a large soup pot and cook stirring occasionally over medium heat until browned, about 8-10 minutes. Break sausage up into small pieces as it cooks. The fat from the sausage should keep the sausage from sticking. If sausage begins to stick to the bottom of the pot, add a dash of oil.
2. Add the 3 Tablespoons tomato paste, onion and garlic to the pot and cook, stirring occasionally, until the onions are softened. The onions and garlic cooking should help melt any brown bits on bottom of pot.
3. Drain and rinse beans in a colander. Add the beans, paprika, chicken broth, water, and milk to the pot. Place a lid on the pot and bring to a simmer on medium heat.
4. Add the potatoes to the pot along with the kale. Stir soup to wilt kale into the soup. Once kale is starting to wilt, cover soup and allow to simmer for 15 minutes, or until potatoes are tender.
5. Season to taste and season with red pepper flakes, black pepper, and salt.

**Nutrition Profile:** Gluten-Free | Main Dishes | Soups | Egg-Free | Nut-Free

*\*Nutrition information provided directly by Celebrate Your Plate and reflects values listed at the time of publication. Recipe sourced from: [celebrateyourplate.org](http://celebrateyourplate.org)*