

As summer fades to fall, this variation on zuppa Toscana forgoes the traditional cubes of potatoes and instead pairs creamy chickpeas with spicy Italian sausage and lacinato kale. A splash of heavy cream brings richness to the chicken stock-based soup.



CREAMY TUSCAN CHICKPEA SOUP

ACTIVE: 20 MIN/ TOTAL: 35 MIN/ SERVES: 4

INGREDIENTS

- 1 Tbsp. extra virgin olive oil
- 1 lb. spicy Italian sausage, castings removed
- 1 large yellow onion, chopped (about 2 cups)
- 1 large celery stalk, chopped (about ½ cup)
- ½ cup finely chopped oil-packed sun-dried tomatoes (see Note)
- 4 large garlic cloves, minced
- 8 cups chicken stock
- 2 (15 oz.) cans chickpeas, drained and rinsed (substitute navy, butter, or cannellini beans)
- 4 cups torn lacinato kale leaves (about 1 small bunch)
- 2 oz. Parmigiano-Reggiano cheese, grated (about ½ cup), plus more for garnish (optional)
- ½ cup heavy cream
- 2 Tbsp. chopped basil
- ¾ tsp. kosher salt

INSTRUCTIONS

1. Heat oil in a large Dutch oven over medium-high. Add sausage; cook, stirring often and breaking into small crumbles using a wooden spoon, until sausage is rendered and browned, 5 to 8 minutes.
2. Add onion and celery to Dutch oven; cook, stirring often and scrapping bottom of pot to loosen any browned bits, until vegetables begin to soften, 4 to 6 minutes. Stir in sun-dried tomatoes and garlic. Cook, stirring often, until fragrant, about 1 minute. Stir in stock and chickpeas; bring to a boil over medium-high. Reduce heat to medium-low; simmer, uncovered, until flavors meld, about 15 minutes. Spoon off and discard any foam that rises to the surface.
3. Add kale to Dutch oven; cook, stirring occasionally, until tender, about 5 minutes. Remove from heat, and stir in cheese, cream, basil and salt. Divide soup evenly among bowls, and garnish with additional cheese (sour cream, chives), if desired.

MAKE AHEAD: Soup can be stored in an airtight container in the refrigerator for up to 4 days. Reheat over medium-low, thinning with chicken stock if needed.

NOTE: If desired, reserve the oil from the sun-dried tomato jar to garnish the soup and add buttery sweetness.