
THE CrossFit *kitchen*



M'S ZUPPA TOSCANA

overview

Soup's on!

blocks per 2-cup serving

2 protein blocks

1 carbohydrate block

.5 fat blocks

ingredients

- 1 tbsp. bacon grease (use any kind of oil or butter)
- 1 package sausage like Adele's (look for one that is all-natural, organic and hormone-free; a lot of stores carry these products now)
- 1 lb. grass-fed ground beef
- 1 yellow onion, thinly sliced
- 1 kohlrabi, diced (1-inch blocks)
- 10 mushrooms, sliced (not in the OG recipe but yummy)
- 6 cloves garlic, minced
- 1 heaping tsp. fennel seed
- ¼ tsp. (at least) red pepper flakes
- ½ tsp. garlic powder
- Salt
- Pepper
- 4 cups organic chicken broth
- 1 large bunch kale
- 2-3 tbsp. heavy cream

directions

1. Thinly slice the sausage and brown it in the bacon grease. Remove from pan.
2. While the sausage is browning, make your own beef sausage by mixing the ground beef with the fennel seed, red pepper flakes, garlic powder, and salt and pepper. Pinch off chunks about the size of the tip of your thumb and throw them in the pan to brown.
3. Remove the browned beef pieces from the pan but save the fat.
4. Add the sliced onions, garlic, kohlrabi, mushrooms, and salt and pepper, then cook until they begin to soften and get some color (about 5 minutes).
5. Add the chicken broth and lightly boil for another 5 minutes until kohlrabi is fork tender.
6. Chop up the kale and add it to the soup. It should wilt within a few seconds.
7. Add the meat and turn the heat down to simmer for 2-3 minutes.
8. Turn off heat and add heavy cream.