

Slow Cooker Creamy Tuscan Soup

Prep: 5 min
Cook: 6 hr
Serves: 8

Ingredients:

- 1 ½ pounds red-skin potatoes, cut into 1/2-inch thick cubes
- 4 garlic cloves, minced
- 2 tablespoons chopped fresh oregano, divided
- ½ teaspoon kosher salt
- 6 cups homemade chicken stock
- 1 pound uncured, preservative-free cooked chicken sausage, sliced ¼-inch thick
- ½ cup heavy cream
- 1 (15-ounce) can white beans, rinsed and drained
- 1 bunch of kale, stems removed and discarded, roughly chopped

Directions:

1. Add potatoes, garlic, 1 tablespoon oregano, salt and chicken stock to a slow cooker. If potatoes are not fully submerged in the chicken stock, add enough water to cover. Stir everything together to combine.
2. Cover and cook on LOW for 5 to 6 hours, or on HIGH for 3 to 4 hours.
3. Stir in sliced cooked sausage, heavy cream, white beans and kale. Cover and cook for an additional 30 minutes on HIGH. Garnish with remaining oregano and serve.



Nutrition Information		
Serving size: 406g	8 servings	Calories: 300
Amount per Serving		% Daily Value
Total Fat	12g	15%
Saturated Fat	6g	30%
Trans Fat	0g	
Cholesterol	75mg	25%
Sodium	650mg	28%
Total Carbohydrate	28g	10%
Dietary Fiber	5g	18%
Total Sugars	3g	
Added Sugars	0g	
Protein	20g	
Vitamin D	0mcg	
Calcium	95mg	8%
Iron	3mg	15%
Potassium	953mg	20%