

# Slow Cooker Zuppa Toscana

Yield: 6 min  
Total Time: 250 min

Recipe from: <https://www.recipeschoose.com/recipes/slow-cooker-spicy-italian-sausage-recipe>

## Ingredients:

- 1 pound hot Italian sausage ground
- 1 bag potatoes Simply, diced potatoes and onions
- 2 cloves garlic minced
- 32 ounces chicken stock
- 1/2 bunch kale de-stemmed and torn into bite sized pieces
- 1 cup heavy cream
- 2 tablespoons flour
- salt
- pepper
- 1 pinch red pepper flakes optional

## Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 130 milligrams
4. Fat: 43 grams
5. Fiber: 1 grams
6. Protein: 18 grams
7. SaturatedFat: 19 grams
8. Sodium: 930 milligrams
9. Sugar: 3 grams

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