



Vegan Zuppa Toscana

**The Workshop
Cooking with Passion**

PRE CLASS PREPARATIONS INSTRUCTIONS

Please Complete Ahead Before Clinic

1. If you want to use the Whole Food Plant Based option, please get mushrooms instead of the Beyond Sausage, Fennel and eliminate the olive oil.
2. Dice & Slice all produce and meatless meat and have it ready to use for clinic.
3. Remove stems from kale and chop leaves
4. Remove casing from sausage
5. **NOTE: This meal is for 4-6 servings if you need to cut or increase your ingredients please do so before the clinic starts.**
6. Set up ingredients for easy access during the clinic

Equipment

- Bowls
- Heavy Bottom Pot (dutch oven)
- Chef Knife
- Measuring Cup
- Measuring Spoon
- Plate
- Slotted Spoon
- Serving Bowls
- Soup Ladle
- Cutting Board
- Colander or Strainer
- Paper Towel

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Note Substitutes:

Kale use Spinach or Broccoli

Beyond Sausage with mushrooms with a pinch of fennel

Recipe Serves	
	4-6
Ingredient	
Beyond Meat Italian Sausage hot or mild	1 Lbs
Vegan Bacon (cut into 1/2 inch pieces)	1/4 Cup
Golden Potatoes	2 1/2 Lbs
Minced Garlic	4 Tbsp
Vegetable Stock	6 Cup
Kosher Salt	1 Tsp
White Onion	1 Diced
Red Pepper Flakes (optional)	1 Tsp
Black Pepper	1 Tsp
Curly Kale (sub with spinach or broccoli)	6 Cups
Full Fat Coconut Milk	1 1/2 Cups



Instructions

1. Cook 1/4 cup bacon in large heavy bottom pot (or dutch oven) over medium heat. Stir and cook until crisp.
2. Line a plate with paper towel. Once
3. With slotted spoon, remove bacon from pot and add to plate lined with paper towel to drain
4. Add 1 lbs of sausage (casing removed) to pot and cook. Using the wooden spoon break the sausage. Cook until browned
5. With slotted spoon, remove the sausage from pot and add to plate with bacon to drain
6. Add potatoes, garlic and onion to pot. Stirring occasionally cook for 8 minutes until potatoes are slight soft.
7. Add 1 tsp salt, 1 tsp pepper & 1 tsp pepper flakes to the pan.
8. Add 6 cup stock and increase the heat to high and bring to a boil.
9. Reduce heat to medium and simmer the potatoes for 15 minutes until they are done & tender.



10. Add 6 cups of kale (or broccoli/spinach), Coconut milk, Bacon and Sausage. Cook on medium heat until the Kale is tender.