

Italian Sausage & Shrimp Cioppino

Prep Time: 20 minutes

Cook Time: 20 minutes

Total Time: 40 minutes

Servings: 4+

Serving Size: 1 large bowl

Ingredients:

1 tablespoon olive oil	½ teaspoon salt
3 cloves garlic, diced	½ teaspoon pepper
1 fennel bulb, white part only chopped	2 heaping cups kale, chopped
2 large shallots, diced	1 teaspoon fresh thyme or ½ teaspoon dried
1 pound organic bulk, Italian chicken or turkey sausage	Fresh basil and/or parsley for garnish
1 pound wild caught shrimp, peeled and deveined	1 ounce parmesan cheese (optional)
4-5 cups organic chicken or vegetable broth	
2 tablespoons organic tomato paste	
1 (15-ounce) can white beans (great northern, cannellini)	

Directions:

1. Add olive oil to large Dutch oven or soup pot over medium heat.
2. Add the sausage and cook for 5 minutes, stirring and breaking up into pieces as it cooks.
3. When the sausage is still half pink, add the fennel and shallots, turn heat up to medium-high, and sauté for 5 more minutes.
4. Add the garlic and sauté for 1 minute.
5. Add the tomato paste, salt, pepper, thyme, beans and broth and turn heat up to high.
6. Bring to a just under a slow simmer, then turn the heat down to medium and add the shrimp and kale and partially cover pot. If it looks like you need more liquid, add 1 more cup broth.
7. Stir and cook for 3 minutes.
8. Serve hot garnished with fresh chopped basil and parmesan.

Tips and Tricks:

This Italian soup is bursting with flavors and packed with fiber and protein to keep you full. Serve with Crusty Bread and a side salad.

Nutritional Information Per Serving:

Calories: 336
Fat: 8.6 g
Cholesterol: 218 mg
Sodium: 750 mg
Total Carbohydrate: 28.9 g
Dietary Fiber: 7.4 g
Sugars: 2.1 g
Protein: 36.7 g