

# Italian Keto Gnocchi Soup aka Zuppa Toscana

Hands-on 20 minutes Overall 30 minutes

Nutritional values (per serving, about 2 cups/ 480 ml): Total carbs: 11 g, Fiber: 1.3 g,

Net carbs: 9.7 g, Protein: 36.8 g, Fat: 70.7 g, Calories: 828 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 4 servings)

### Keto gnocchi:

2 cups shredded, low moisture, part skim mozzarella (226 g/ 8 oz)

3 egg yolks

1 tsp granulated garlic

butter & olive oil for sautéing

### Soup:

1 pound ground spicy Italian sausage (450 g/ 15.9 oz)

1 small onion, diced (70 g/ 2.5 oz)

2 cloves garlic, minced

4 cups bone broth, chicken stock or beef stock (1 quart/ 1 L) - *you can make your own*

1 red medium pepper, diced (120 g/ 4.2 oz)

1 cup chopped kale or frozen kale (70 g/ 2.4 oz)

1/2 cup heavy cream (120 ml/ 4 fl oz)

sea salt and freshly cracked black pepper

*Optional:* Parmesan cheese, chopped parsley & crumbled bacon for topping

5. Season to taste with salt and pepper.

6. Garnish and serve warm.

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## Instructions

1. Heat a large stockpot or dutch oven over medium-high heat. Add sausage, onion and garlic. Cook over until the sausage is completely browned, stirring occasionally and breaking up the sausage with a spoon. Drain out as much of the excess grease as possible.
2. Add in the bone broth and diced red peppers to the pot and bring the mixture to a simmer.
3. Reduce heat to medium-low and add the kale and cook for an additional 5 minutes
4. Add gnocchi & cream and stir to combine.