

NUTRITIONAL KETO ITALIAN WEDDING SOUP

Prep Time 20 minutes	Cook Time 30 minutes	Total Time 50 minutes	Servings 6
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Ingredients:

Fresh Kale bags,
5 Turnip, cubed
2 lbs Organic Italian Sausage, ½ inch balls
6 cups Chicken broth
1 cup Whipping Cream
1 tablespoon oregano
1 teaspoon cumin
1 tablespoon pink Himalayan salt
1 teaspoon pepper
1 tablespoon coconut oil
½ cup green onions

Directions:

1. Sauté the green onions with the coconut oil and sprinkle with the salt and pepper.
2. When onions are translucent add the sausage and brown the sausage.
3. Add the cubed turnip and ½ the kale bag and let it sauté for a few minutes when it looks like it is well combined and kale cooked down a little add the remainder of the bag.
4. Include the oregano, cumin and stir into pot.
5. Pour the chicken broth and let it come to a simmer on medium heat; you can cover to speed it up or uncover and let it come to a simmer.
6. Once it is simmering and bubbling a bit pour the whipping cream and stir in well. Soup is ready to be served.