



## HEALTHY FOODS, HEALTHY RECIPES

# ZUPPA TOSCANA WITH MOOSE

### INGREDIENTS:

- 1 pound ground moose or other meat
- 1 large onion, chopped
- 1 tablespoon olive oil
- 3-4 garlic cloves, minced
- 4 russet potatoes, diced
- 2 cups kale, chopped
- 1 cup carrots, diced
- $\frac{3}{4}$  cup heavy cream or canned milk
- 6 cups water or broth
- 1 teaspoon black pepper
- 2 teaspoons dried parsley
- 1 tablespoon Italian seasoning
- $\frac{1}{2}$  teaspoon paprika
- 1 teaspoon salt, or to taste
- $\frac{1}{2}$  teaspoon fennel seed
- $\frac{1}{2}$  teaspoon red pepper flake, or to taste
- Optional: Bacon, cooked

### PREPERATION:

1. Brown ground moose meat in pot.
2. Remove meat with slotted spoon and set aside.
3. Add olive oil and onion to pot. Cook until onion is translucent in color.
4. Add garlic to pot. Cook for additional two minutes.
5. Add potatoes and carrots to pot. Sauté on medium heat for 2 minutes, stir often.
6. Add remaining spices and seasonings.
7. Add water or broth. Cook until potatoes and carrots are tender, about 20 minutes.
8. Add kale. Cook until tender, about 10 more minutes.
9. Add heavy cream or canned milk, browned meat and bacon (if using).
10. Stir and serve. Enjoy!