

Easy vegetarian Zuppa Toscana recipe

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This vegetarian twist on the classic zuppa Toscana recipe, is just as rich, creamy, and comforting as the original, without the sausage. Ready in under 30 minutes and made in one pot, it's perfect for chilly weeknight meals or anytime you crave a bowl of Italian comfort.

Over the years Zuppa Toscana has crossed borders and gained popularity in the United States, thanks to its introduction by Italian – American restaurants. The version most Americans are familiar with is served by a well-known Italian-inspired restaurant chain, which has sparked many home-cooked versions of this soup recipe. From adding personal twists to meeting dietary preferences, this beloved soup has many variations, making it a versatile and loved dish in many households.

Variations for this easy vegetarian zuppa Toscana recipe

1. The original zuppa Toscana recipe uses kale. I used spinach for personal taste and easy access. Use kale if it fits your taste.
2. You can add protein to this soup by using turkey or chicken sausage and sautéing along with the onions.
3. Replace the potatoes with pillowy gnocchi for a different twist.
4. Substitute potatoes with farro or barley for a Tuscan

farmhouse feel. Or make it keto friendly by replacing the potatoes with cauliflower.

Easy zuppa Toscana is a versatile and comforting dish that can be easily adapted to meet different tastes and dietary needs. Whether you keep it classic . lighten it up, add a spicy kick, or swap ingredients like gnocchi or farro, there's a version for everyone. Try experimenting with different ingredients and let me know which version becomes your favorite. ENJOY!!!

Craving More Cozy Italian Soups?

If you loved this **Easy Vegetarian Zuppa Toscana**, try a few more of my comforting Italian-inspired soups:

- Italian Wedding Soup with Meatballs – classic and hearty, perfect for special occasions or Sunday dinners.
- Creamy Sausage Tortellini Soup – rich, cheesy, and ready in 30 minutes.
- Roasted Butternut Squash Soup – silky smooth with a touch of Italian flavor.
- Italian Escarole and Beans with Sausage – simple, rustic, and full of flavor.

Each of these soups brings that same cozy, homemade touch that makes Italian cooking so comforting.

Easy Vegetarian Zuppa Toscana

Servings: 4–6

Cook Time: 25–30 minutes

Ingredients

- 3 Tbsp. olive oil
- 1 cup each chopped onion + celery + carrots
- 1Tbsp. minced garlic
- 1 cup small shaped pasta
- 4 cups chicken stock
- 1 cup heavy cream
- 3 cups diced potatoes
- 1 Tbsp. red pepper flakes
- 4 cups spinach
- 1 cup grated parmesan
- salt and pepper to taste

Instructions

1. In a stock pot or Dutch oven in 2 Tbsp. of olive oil cook the onion, celery, carrots and garlic until soft and translucent.
2. Add the vegetable stock and potatoes and cook until the potatoes are soft. About 10 minutes.
3. Then add in the, cream, pasta, spinach and parmesan cheese and cook 5 minutes longer.
4. Ladle into soup bowls, top with additional parmesan cheese. ENJOY!!!