MARLEY SPOON

Lentil & Chicken Sausage Soup

with Kale & Baguette

40-50min 2 Servings

This supper-worthy soup is pure comfort food in a bowl. We simmer protein-packed French green lentils with Italian chicken sausage in an aromatic tomato-based broth. Nutritious kale wilts in while toasted bread is alongside to soak it all up. A sprinkle of Parmesan takes this hearty soup to the next level. Do we dare to say– it's soup-er?

What we send

- 1 yellow onion
- garlic
- 3 oz carrots
- 1 bunch curly kale
- ½ lb uncased Italian chicken sausage
- 14½ oz can whole peeled tomatoes
- 3 oz French green lentils
- ¼ oz fresh thyme
- 1 mini baguette [2,3]
- ¾ oz Parmesan [1]

What you need

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or white wine vinegar)
- sugar

Tools

- medium Dutch oven or pot with lid
- microplane or grater

Cooking tip

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Allergens

Milk (1), Soy (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 870kcal, Fat 30g, Carbs 95g, Protein 54g

1. Prep ingredients

Cut **onion** into ½-inch pieces. Halve **carrot** lengthwise and cut crosswise into ½-inch thick half-moons. Finely chop **2 teaspoons garlic**. Remove **kale leaves** from tough stems; discard stems. Cut leaves into ½-inch wide ribbons.

2. Brown sausage

Heat **1 tablespoon oil** in a medium Dutch oven or pot over medium-high. Add **chicken sausage** and cook, breaking up into large pieces, until browned but not cooked through, 4–5 minutes. Meanwhile, use kitchen shears to coarsely chop **tomatoes** in can.

3. Cook aromatics

To pot with **chicken sausage**, stir in **onions, carrots, garlic**, and **1 tablespoon oil**. Increase heat to high and cook, stirring occasionally, until veggies are softened and any liquid is evaporated, 7–10 minutes. Season with **¼ teaspoon each of salt and pepper**.

4. Build soup

To pot with **chicken sausage and veggies**, add **tomatoes** and **4 cups water**. Bring to a simmer, scraping up any browned bits from the bottom. Add **lentils, 1 sprig of thyme**, and **1 teaspoon salt**. Reduce heat to medium and simmer, partially covered, until lentils are tender and chicken sausage is cooked through, 20–25 minutes.

5. Toast bread

Meanwhile, preheat broiler with a rack in the upper third. Finely grate **Parmesan**. Split **bread** in half lengthwise and drizzle **oil** over cut sides. Broil, cut side up, directly on upper oven rack (or on a piece of foil) until golden brown, 1–2 minutes per side (watch closely as broilers vary).

6. Finish & serve

Remove and discard **thyme sprig** from **soup**. Stir **kale leaves** into soup until wilted, about 2 minutes. Stir in **1 teaspoon vinegar** and **¼ teaspoon sugar**. Season to taste with **salt** and **pepper**. Spoon **soup** into bowls and sprinkle **Parmesan** over top. Serve **toasted bread** alongside. Enjoy!