



Italian Sausage Pasta Soup

with Beans & Kale

30-40min



2 Servings

This hearty, warming soup pairs beans with Italian sausage, tender kale, elbow macaroni, and nutty Parmesan all in one pot. Finish with a drizzle of olive oil and some cracked black pepper, and it'll be time for dinner before you know it.

What we send

- 1 shallot
- 1 bunch curly kale
- 1 lb uncased sweet Italian pork sausage
- 2 pkts turkey broth concentrate
- 1 can pinto beans
- 2 oz elbow macaroni ¹
- 2 (3/4 oz) Parmesan ⁷

What you need

- olive oil
- kosher salt & ground pepper

Tools

- medium Dutch oven or pot
- fine-mesh sieve

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 900kcal, Fat 36g, Carbs 68g, Proteins 80g



1. Prep ingredients

Halve and thinly slice **all of the shallot**. Strip **kale leaves** from stems; discard stems. Stack leaves and thinly slice into ribbons. Crumble **sausage** into large pieces.



4. Make soup

Add **all of the turkey broth concentrate** and **3 cups water**. Drain **beans**, reserving **liquid**. Stir **bean liquid** into pot and bring to a boil. Reduce heat and simmer, covered, until **kale** is just tender, 6–8 minutes.



2. Brown sausage

Heat **1 tablespoon oil** in a medium Dutch oven or pot over medium-high. Add **sausage** and cook, stirring, until browned, about 5 minutes.



5. Cook beans & pasta

Add **drained beans** and **pasta** to **soup**, cover and simmer, stirring occasionally, until pasta is tender, about 8 minutes more. (Stir in a few tablespoons of water for a more brothy soup, if desired.)



3. Wilt kale

Add **shallots** and **kale**; season lightly with **salt** and **pepper**, and cook, stirring occasionally, until kale is wilted, 3–5 minutes.



6. Finish & serve

Stir **¾ of the Parmesan** into **soup** in large pinches to avoid clumping. Ladle **soup** into bowls and garnish with **remaining Parmesan**, a drizzle of olive oil, and a few grinds of pepper. Enjoy!