



Lentil & Sausage Soup

with Kale & Ciabatta



40-50min



2 Servings

This hearty soup is pure comfort food in a bowl. We combine protein-packed French green lentils with sweet Italian pork sausage and simmer them together in an aromatic tomato-based broth with nutrient-packed kale. Toasted ciabatta served on the side for dipping. A sprinkle of Parmesan over the soup takes this supper-worthy soup to the next level. Do we dare to say— it's soup-er?

What we send

- 1 medium yellow onion
- 1 carrot
- garlic
- 1 bunch Tuscan kale
- ½ lb pkg uncased sweet Italian pork sausage
- 14½ oz whole peeled tomatoes
- 3 oz French green lentils
- ¼ oz fresh thyme
- 1 ciabatta roll ¹
- ¾ oz Parmesan ⁷

What you need

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

Tools

- medium pot
- microplane or grater

Allergens

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

Nutrition per serving

Calories 750kcal, Fat 22g, Carbs 79g, Protein 54g



1. Prep ingredients

Halve and cut **all of the onion** into ½-inch pieces. Scrub **carrot**, then halve 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.



4. Build soup

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



2. Brown sausage

Heat **1 tablespoon oil** in a medium pot over medium-high. Add **sausage** and cook, breaking up into large pieces, until browned but not cooked through, 4–7 minutes. Meanwhile, use kitchen shears to coarsely chop **tomatoes** in can.



5. Toast ciabatta

Meanwhile, preheat broiler with a rack in the upper third. Finely grate **Parmesan**. Split **ciabatta rolls** crosswise and drizzle **oil** over cut sides. Broil rolls, 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).



3. Cook aromatics

To pot with **sausage**, add **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**.



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 ciabatta rolls** alongside. Enjoy!