Sweet Potato, Kale & Sausage Stew
with Pasta

🕐 30-40min   🍴 2 Servings

Sweet potatoes and kale are two of our favorite ingredients. Not only are they extraordinarily flavorful, but they're also gorgeous in color and rich in potassium and vitamins A and C. We've added both to a hearty stew loaded with elbow pasta and sweet Italian sausage. There's a good dose of comfort and self-care in every bite of this nourishing dinner.

1. Prep ingredients

Coarsely chop **onion**. Finely chop **1 teaspoon garlic**. Peel **sweet potato**, then cut into ½-inch pieces. Strip **kale leaves** from stems, then chop leaves into bite-sized pieces, discarding stems.

2. Cook aromatics

Heat **1 tablespoon oil** in a medium pot over medium-high. Add **onions** and **garlic**; cook, stirring, until softened and lightly browned, 4–6 minutes. Season with **a pinch each of salt and pepper**.

3. Cook sausage

Add **sausage** to the pot and cook, breaking up with a spoon, until browned, 3–5 minutes.

4. Start soup

Add **sweet potatoes**, **3½ cups water**, and **all of the chicken broth concentrate**; stir, cover, and bring to a boil.

5. Add pasta & kale

Add **½ cup pasta** (save rest for own use) and boil gently until almost al dente, about 3 minutes. Reduce to a simmer, stir in **kale**, cover, and cook until pasta and **sweet potatoes** are tender and kale is wilted, about 4 minutes. Season to taste with **salt** and **pepper**.

6. Finish & serve

Stir **half of the Parmesan** into the **soup**. Serve **sweet potato-sausage soup** topped with **remaining grated Parmesan**. Enjoy!