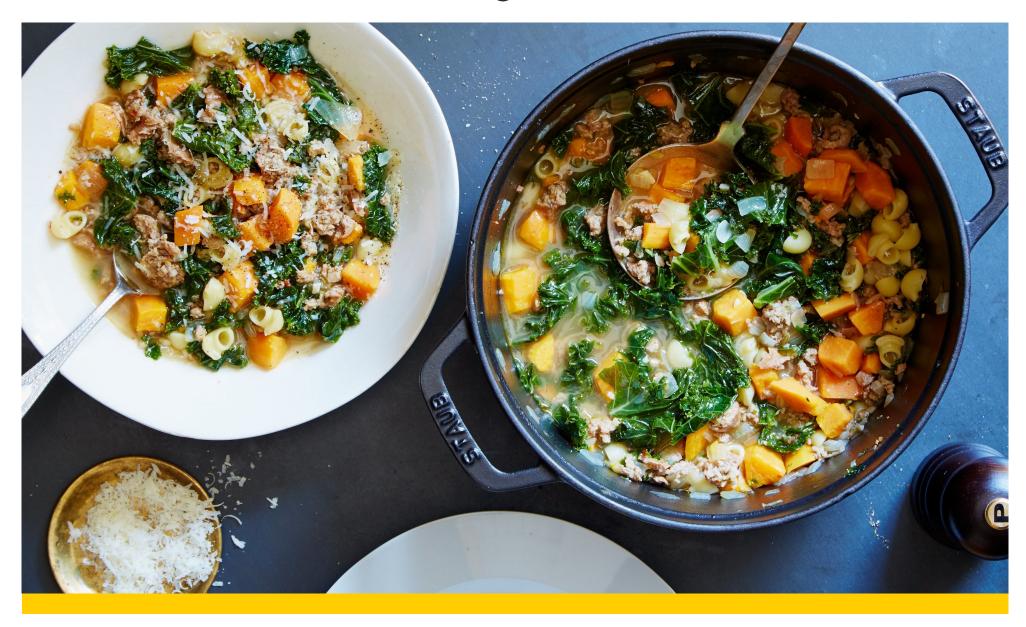
MARLEY SPOON



Sweet Potato, Kale & Sausage Stew

with Pasta





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.

What we send

- 1 medium yellow onion
- garlic
- 1 sweet potato
- 9 oz curly kale
- ½ lb uncased sweet Italian pork sausage
- 2 pkts chicken broth concentrate
- 4 oz elbow macaroni ¹
- 2 pkgs Parmesan ²

What you need

- olive oil
- kosher salt & ground pepper

Tools

medium pot

Allergens

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

Nutrition per serving

Calories 700kcal, Fat 24g, Carbs 77g, Protein 47g



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.



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!