



Sausage & Greens Soup

with Potatoes & Beans



1h



2 Servings

Wholesome, healthy and hearty, this Portuguese-inspired soup is comfort in a bowl. A purée of chicken broth, potatoes, and white beans is the base for simmering chicken sausage and dark greens along with cannellini beans and chunks of potato. Ribbons of nutritious greens soften into the savory soup before we add fresh parsley and a dash of vinegar for a bright and vibrant finish.

What we send

- 1 yellow onion
- garlic
- ½ lb baby potatoes
- 1 bunch curly kale
- 15 oz can cannellini beans
- ½ lb uncased Italian chicken sausage
- 1 pkt crushed red pepper
- 2 pkts chicken broth concentrate
- ½ oz fresh parsley

What you need

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

Tools

- fine-mesh sieve or colander
- medium pot
- immersion blender, food processor, or blender

Cooking tip

If you don't have a blender for step 4, mash the potatoes with a potato masher to desired consistency.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 600kcal, Fat 18g, Carbs 64g, Protein 42g



1. Prep ingredients

Finely chop **onion**. Finely chop **1 tablespoon garlic**. Halve **potatoes**. Strip **kale leaves** from tough stems; stack leaves and coarsely chop; discard stems. Drain and rinse **beans**.



4. Purée

Add **broth concentrate**, **½ of the potatoes**, **⅓ of the beans**, **1 teaspoon salt**, and **5 cups water** to pot; bring to a boil over high heat. Reduce heat to medium-low and simmer until potatoes are just tender, 10-15 minutes. Remove from heat; carefully blend soup with an immersion blender (or in a food processor or blender) until smooth.



2. Cook sausage

Heat **1 tablespoon oil** in a medium pot over medium-high. Break **sausage** into 1-inch pieces and add to pot. Cook until browned and cooked through, 3-5 minutes. Transfer to a plate with a slotted spoon, reserving oil in pot.



5. Simmer

To **soup**, add **kale** and **remaining potatoes**. Bring to a boil over medium-high heat then simmer over medium-low for 15 minutes. Stir in **sausage** and **remaining beans**. Continue simmering until kale is dark green and tender, and potatoes are completely tender, about 5 minutes.



3. Cook aromatics

Reduce heat to medium; add **onions**, **garlic**, and **red pepper flakes** to **reserved oil** in pot. Cook, stirring frequently, until softened but not browned, 5-7 minutes, adding oil as necessary to keep mixture loose and moist.



6. Finish & serve

Pick **parsley leaves** from stems and finely chop; discard stems. Stir **parsley** and **1 teaspoon vinegar** into **soup**; season to taste with **salt** and **pepper**. Ladle **soup** into bowls and finish with **a drizzle of oil**, if desired. Enjoy!