



## Italian Sausage Pasta Soup

with Beans & Kale



30-40min



2 Servings

The secret to a delicious pot of soup is a steady simmer. Simmering is an easy cooking technique with a big flavor payoff. It allows the ingredients to cook evenly and stay tender while all of the flavors meld together. This hearty soup pairs beans with Italian sausage, tender kale, elbow macaroni, and Parmesan. 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 yellow onion
- 1 bunch curly kale
- 2 (½ lb) pkgs uncased sweet Italian pork sausage
- 2 pkts turkey broth concentrate
- 15 oz can pinto beans
- 4 oz elbow macaroni <sup>1</sup>
- 2 (¾ oz) Parmesan <sup>2</sup>

## What you need

- olive oil
- kosher salt & ground pepper

## Tools

- medium Dutch oven or pot
- fine-mesh sieve
- microplane or grater

## Allergens

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

## Nutrition per serving

Calories 890kcal, Fat 35g, Carbs 60g, Protein 78g



### 1. Prep ingredients

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



### 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.



### 3. Wilt kale

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



### 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.



### 5. Cook beans & pasta

Add **drained beans** and **half the pasta** (save rest for own use) 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.)



### 6. Finish & serve

Finely grate **Parmesan**. Stir  $\frac{3}{4}$  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!