

DINNERLY



Sausage & Kale Soup with Pasta & Parmesan



30-40min



2 Servings

Sweet Italian sausage, tender kale, elbow macaroni, and nutty Parmesan make for a pretty outstanding bowl of soup. Finish with a drizzle of olive oil and some cracked black pepper, and it's time for Dinnerly before you know it. We've got you covered!

WHAT WE SEND

- ¾ oz Parmesan ¹
- 1 bunch curly kale
- ½ lb pkg uncased sweet Italian pork sausage
- ¼ oz granulated garlic
- 2 pkts turkey broth concentrate
- 4 oz elbow macaroni ²

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

TOOLS

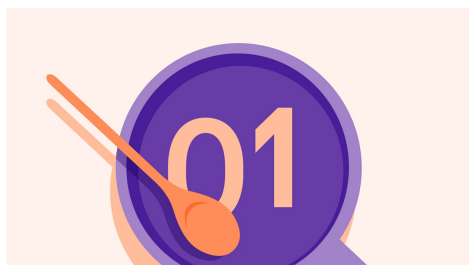
- Dutch oven or pot with lid

ALLERGENS

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

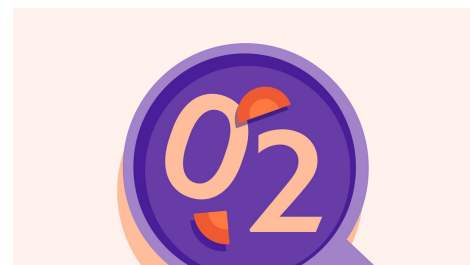
NUTRITION PER SERVING

Calories 610kcal, Fat 22g, Carbs 51g, Protein 43g



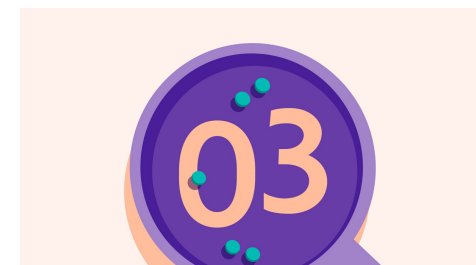
1. Prep ingredients

Grate **Parmesan**, if necessary. Strip **kale leaves** from stems; stack leaves and thinly slice into ribbons, discarding stems.



2. Brown sausage

Heat **1 tablespoon oil** in a medium Dutch oven or pot over medium-high. Add **sausage** and cook, breaking up the meat into smaller pieces, until browned, about 5 minutes.



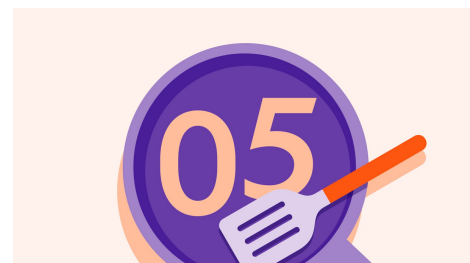
3. Wilt kale

Add **kale** to pot; season lightly with **salt** and **pepper**, and cook, stirring occasionally, until kale is wilted, 3–5 minutes. Add ½ **teaspoon granulated garlic** and cook, stirring, until fragrant, about 1 minute.



4. Simmer soup

Add **all of the turkey broth concentrate** and **3 cups water**. Cover and bring to a boil. Reduce heat and simmer, covered, until **kale** is just tender, 6–8 minutes.



5. Cook pasta & serve

Add **pasta** to soup, cover, and cook, stirring occasionally, until pasta is tender, about 8 minutes. Stir ¾ of **Parmesan** into soup in large pinches to prevent clumping. Ladle into bowls and garnish with **remaining Parmesan**, a drizzle of **olive oil**, and **a few grinds of pepper**. Enjoy!



6. Take it to the next level

If you have any canned beans on hand, you could crack open a can and stir it into the soup to make an already nutritious, hearty soup even bigger. Cannelloni, pinto, kidney, even chickpeas. Throw 'em in!