

# 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 <sup>1</sup>
- 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 <sup>2</sup>

## 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.



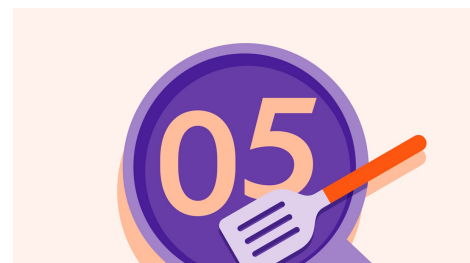
### 3. Wilt kale

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!