



Chicken Sausage Minestrone

with Macaroni, Beans & Kale



30-40min



2 Servings

A big bowl of this hearty and rustic soup is guaranteed to warm you up. Full of vegetables and fresh herbs that simmer in a rich chicken broth, this deeply aromatic soup is layered with textures and flavor. Chicken sausage, kale, kidney beans, and classic elbow macaroni simmer until tender before we stir grated Parmesan into this all-time favorite. (2p-plan serves 4; 4p-plan serves 8—nutrition reflects 1 bowl)

What we send

- 1 yellow onion
- 6 oz carrots
- garlic
- ¼ oz fresh thyme
- 2 (½ lb) pkgs uncased Italian chicken sausage
- 14½ oz can whole peeled tomatoes
- 2 pkts chicken broth concentrate
- 1 bunch curly kale
- 2 (¾ oz) Parmesan ¹
- 15 oz can kidney beans
- 4 oz elbow macaroni ²

What you need

- olive oil
- kosher salt & ground pepper

Tools

- large Dutch oven or pot with lid
- microplane or grater
- fine-mesh sieve or colander

Cooking tip

Wrap remaining herbs in a slightly damp paper towel and store in a plastic bag in the refrigerator until ready to use.

Allergens

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

Nutrition per serving

Calories 620kcal, Fat 25g, Carbs 56g, Protein 42g



1. Prep aromatics

Coarsely chop **onion**. Halve **carrots** lengthwise and cut into ½-inch thick half moons. Finely chop **1 tablespoon garlic**. Pick **1 tablespoon thyme leaves** from stems (save rest for own use).



2. Cook sausage

Heat **2 tablespoons oil** in a large Dutch oven or large pot over medium-high. Add **sausage** and cook, breaking up into smaller pieces, until browned, about 5 minutes.



3. Build soup

Add **1 tablespoon oil** to pot if dry, then add **onions** and **carrots**; cook, stirring occasionally, until softened, 5-7 minutes. Add **garlic** and **thyme**; cook until fragrant. Add **tomatoes, chicken broth concentrate**, and **6 cups water**. Bring to a boil, reduce to a simmer, and cover. Cook for 15 minutes, or until tomatoes break down (use the back of a spoon to crush if necessary).



4. Prep other ingredients

Strip **kale leaves** from stems and tear into bite-sized pieces; discard stems. Finely grate **Parmesan**. Drain **beans** and rinse under cold water.



5. Cook pasta

Working in batches if necessary, add **kale** to **soup** until wilted. Stir in **beans** and **pasta**; cook uncovered at a simmer until pasta is al dente and kale is tender, 6-8 minutes.



6. Finish & serve

Stir **half of the Parmesan** into the **soup**; season to taste with **salt** and **pepper**. Serve **minestrone** in bowls with **remaining Parmesan** alongside. Enjoy!