

# MARLEY SPOON



## Sweet Potato & Sausage Stew

with Pasta and Kale



30-40min



2 Servings

Sweet potatoes and kale are two of our favorite ingredients. Not only are they extraordinarily flavorful, but they're also gorgeous in color and rich in potassium, vitamin A, and vitamin C. We've added both to a hearty stew loaded with elbow pasta and spicy (but not too spicy!) Italian sausage. There's a good dose of comfort and self-care in every bite of this nourishing dinner.

## What we send

- 1 medium yellow onion
- garlic (use 1 large clove)
- 1 sweet potato
- 1 bunch curly kale
- 12 oz hot Italian pork sausage links
- 1 pkt chicken broth concentrate
- 2 oz elbow macaroni <sup>1</sup>
- ¾ oz piece Parmesan <sup>7</sup>

## What you need

- olive oil
- kosher salt & ground pepper

## Tools

- medium pot
- microplane or grater

### Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 700kcal, Fat 25g, Carbs 80g, Protein 41g



### 1. Prep ingredients

Peel and coarsely chop **onion**. Peel and finely chop **1 large garlic clove**. Peel **sweet potato**, then cut into ½-inch pieces. Strip **kale leaves** from stems, then chop leaves into bite-size pieces, discarding stems.



### 2. Cook aromatics

Heat **1 tablespoon oil** in a medium pot over medium-high. Add **onion** and **garlic** and cook, stirring, until softened and starting to brown, 4-6 minutes. Season with **a pinch each salt and pepper**.



### 3. Cook sausage

Remove **sausage** from casings, if necessary, then add to the pot and cook, breaking up with a spoon, until browned, 3-5 minutes.



### 4. Start soup

Add **sweet potatoes**, **3½ cups water**, and **chicken broth concentrate**; stir, cover, and bring to a boil.



### 5. Add pasta & kale

Add **pasta** and boil gently until almost al dente, about 3 minutes. Reduce to a simmer, stir in **kale**, cover, and cook until pasta and **sweet potatoes** are tender and kale is wilted, about 4 minutes. Season to taste with **salt** and **pepper**.



### 6. Finish & serve

Finely grate **Parmesan** and stir half into the soup. Serve **sweet potato-sausage soup** topped with **remaining grated Parmesan**. Enjoy!