



Sweet Potato, Kale & Sausage Stew

with Pasta



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 and vitamins A and C. We've added both to a hearty stew loaded with elbow pasta and sweet 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
- 1 sweet potato
- 9 oz curly kale
- ½ lb uncased sweet Italian pork sausage
- 2 pkts chicken broth concentrate
- 2 oz elbow macaroni ¹
- 1½ oz grated Parmesan ⁷

What you need

- olive oil
- kosher salt & ground pepper

Tools

- medium pot

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 24g, Carbs 77g, Protein 47g



1. Prep ingredients

Coarsely chop **onion**. Finely chop **1 teaspoon garlic**. Peel **sweet potato**, then cut into ½-inch pieces. Strip **kale leaves** from stems, then chop leaves into bite-sized pieces, discarding stems.



2. Cook aromatics

Heat **1 tablespoon oil** in a medium pot over medium-high. Add **onions** and **garlic**; cook, stirring, until softened and lightly browned, 4–6 minutes. Season with **a pinch each of salt and pepper**.



3. Cook sausage

Add **sausage** 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 **all of the 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

Stir **half of the Parmesan** into the **soup**. Serve **sweet potato-sausage soup** topped with **remaining grated Parmesan**. Enjoy!