



Italian Sausage Pasta Soup

with Beans and Kale



20-30min



2 Servings

This Italian soup pairs beans with sweet Italian sausage, tender kale, elbow macaroni, and nutty Parmesan. Finish with a drizzle of olive oil and some cracked black pepper, and it'll be time for dinner before you know it. Cook, relax, and enjoy!

What we send

- curly kale
- beans
- Parmesan
- elbow macaroni
- packets turkey broth concentrate
- shallot
- sweet Italian sausage

What you need

- coarse salt
- freshly ground pepper
- olive oil

Tools

- microplane or grater

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 735kcal, Fat 26g, Carbs 75g, Proteins 49g



1. Prep ingredients

Trim ends from **shallot**, then halve, peel, and thinly slice. Strip **kale leaves** from stems; stack leaves and thinly slice into ribbons, discarding stems. Halve each **sausage** to remove meat from casing, then crumble into large pieces.



4. Build soup

Add **all of the turkey broth concentrate** and **3 cups water**. Drain **beans**, reserving liquid. Stir **bean liquid** into pot and bring to a boil. Reduce heat and simmer, covered, until **kale** is just tender, 6-8 minutes.



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.



5. Cook beans & pasta

Add **drained beans** and **pasta** to soup, cover and simmer, stirring occasionally, until pasta is tender, about 8 minutes more.



3. Wilt kale

Add **shallot** and **kale**; season lightly with **salt** and **pepper**, and cook, stirring occasionally, until kale is wilted, 3-5 minutes.



6. Finish & serve

Grate **Parmesan** and stir **3/4 of it** into soup in large pinches to avoid clumping. Ladle into bowls and garnish with **remaining Parmesan**, a drizzle of **olive oil**, and a **few grinds pepper**. Enjoy!