



Sweet Potato & Sausage Stew

with Pasta and Kale



20-30min



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 this hearty stew with adorable elbow pasta and spicy (but not too spicy!) Italian sausage for a comforting and nutritious dish. Cook, relax, and enjoy!

What we send

- yellow onion
- curly kale
- hot Italian sausage links
- packet chicken broth concentrate
- garlic
- sweet potato

What you need

Tools

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 492kcal, Fat 20g, Carbs 79g, Proteins 32g



1. Prep ingredients

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



4. Start soup

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



2. Cook aromatics

Heat **1 tablespoon oil** in a large saucepan over medium pot over medium-high. Add **onion** and **garlic** and cook, stirring, until softened and starting to brown, 4-6 minutes. Season with **½ teaspoon salt** and **a few grinds of pepper**.



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**.



3. Cook sausage

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



6. Finish & serve

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