



Sweet Potato & Sausage Stew

with Pasta and Kale



20-30min



4 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
- packets chicken broth concentrate
- curly kale
- sweet Italian sausage links
- sweet potato
- garlic

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 542kcal, Fat 17g, Carbs 72g, Proteins 26g



1. Prep ingredients

Trim ends from **onion**, then halve, peel, and coarsely chop. Peel and finely chop **2 large garlic cloves**. Peel **sweet potatoes** 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**, **5½ cups water**, and **all of the chicken broth concentrate**; stir, cover and bring to a boil.



2. Cook aromatics

Heat **2 tablespoons oil** in a large pot over medium-high. Add **onion** and **garlic** and cook, stirring, until softened and starting to brown, 4–6 minutes. Season with **1 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




Slice each **sausage** lengthwise and remove meat from casing. Add sausage to the pot and cook, breaking up meat 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!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com    **#marthaandmarleyspoon**