

DINNERLY



Sausage & Kale Soup with Pasta & Parmesan

 20-30min  2 Servings

Sweet Italian sausage, tender kale, elbow macaroni, and nutty Parmesan make for a pretty outstanding bowl of soup. Finish with a drizzle of olive oil and some cracked black pepper, and it's time for Dinnerly before you know it. We've got you covered!

WHAT WE SEND

- curly kale
- garlic clove
- sweet Italian sausage
- broth packet, turkey

WHAT YOU NEED

- coarse kosher salt
- freshly ground pepper
- olive oil

TOOLS

ALLERGENS

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

NUTRITION PER SERVING

Calories 501.0kcal, Fat 25.0g, Proteins 33.0g, Carbs 33.0g



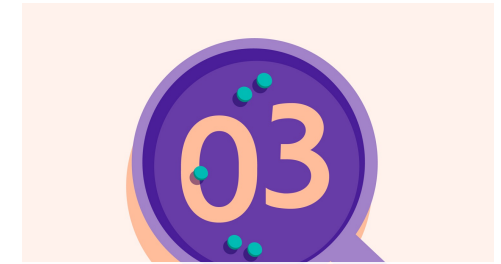
1. Prep ingredients

Finely chop **1 large garlic clove**. Grate **Parmesan**. Strip **kale leaves** from stems; stack leaves and thinly slice into ribbons, discarding stems. Make a slit down the length of each **sausage** to remove from casing.



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.



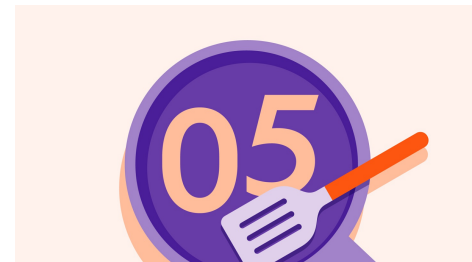
3. Wilt kale

Add **kale** to pot; season lightly with **salt** and **pepper**, and cook, stirring occasionally, until kale is wilted, 3–5 minutes. Add **garlic** and cook, stirring, until fragrant, about 1 minute.



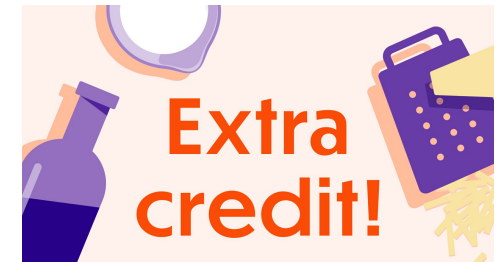
4. Build soup

Add **all of the turkey broth concentrate** and **3 cups water**. Cover and bring to a boil. Reduce heat and simmer, covered, until **kale** is just tender, 6–8 minutes.



5. Cook pasta & serve

Add **pasta** to soup, cover, and cook, stirring occasionally, until pasta is tender, about 8 minutes. Stir **¾ of Parmesan** into soup in large pinches to prevent clumping. Ladle into bowls and garnish with **remaining Parmesan**, a drizzle of **olive oil**, and a **few grinds of pepper**. Enjoy!



6. Take it to the next level

If you have any canned beans on hand, you could crack open a can and stir it into the soup to make an already nutritious, hearty soup even bigger. Cannelloni, pinto, kidney, even chickpeas. Throw 'em in!