



ONE-POT CHICKEN SAUSAGE & KALE SOUP

with Couscous & Garlic Ciabatta Toasts

INGREDIENTS

2 PERSON | 4 PERSON



3 oz | 6 oz
Carrot



1 | 1
Onion



4 oz | 4 oz
Kale



1 Clove | 2 Cloves
Garlic



9 oz | 18 oz
Italian Chicken Sausage Mix



1 TBSP | 1 TBSP
Italian Seasoning



2 | 4
Chicken Stock Concentrates



2.5 oz | 2.5 oz
Israeli Couscous
Contains: Wheat



1 | 2
Ciabatta
Contains: Soy, Wheat



1 tsp | 1 tsp
Garlic Powder



3 TBSP | 3 TBSP
Parmesan Cheese
Contains: Milk



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PREP: 10 MIN | COOK: 35 MIN | CALORIES: 740



FOND OF FOND

When stirring in stock in Step 4, scrape up any browned bits (aka fond) on the bottom of the pan. It's an easy way to enhance flavor!

BUST OUT

- Peeler
- Large pot
- Kosher salt
- Black pepper
- Olive oil (1 TBSP | 1 TBSP)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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1 PREP

- Bring **1 TBSP butter** (2 TBSP for 4 servings) to room temperature. **Wash and dry produce.**
- Trim, peel, and cut **carrot** into a small dice. Halve, peel, and finely chop **onion**. Remove and discard any large stems from **kale**. Peel and thinly slice **garlic**.



2 COOK SAUSAGE

- Heat a **drizzle of olive oil** in a large pot over medium-high heat.
- Add **sausage*** and cook, breaking up meat into pieces, until browned, 4-6 minutes (**it'll finish cooking in the next step**).



3 COOK VEGGIES

- Add a **large drizzle of olive oil** to pot with **sausage**.
- Stir in **carrot, onion, kale**, and a **big pinch of salt**. Cook, stirring occasionally, until veggies are just softened and sausage is cooked through, 5-7 minutes.



4 SIMMER SOUP

- Add **garlic** and **half the Italian Seasoning** (all for 4 servings) to pot. Cook, stirring, until fragrant, 1 minute.
- Stir in **stock concentrates** and **3½ cups warm water** (6 cups for 4), scraping up any browned bits from bottom of pot.
- Add **half the couscous** (all for 4), then cover and bring to a boil. Once boiling, immediately reduce heat to low. Simmer until couscous is al dente, 7-9 minutes.



5 MAKE GARLIC TOASTS

- Meanwhile, halve and toast **ciabatta**.
- Spread cut sides of ciabatta with **softened butter**. (**TIP: If butter is not yet softened, place in a small microwave-safe bowl; microwave until softened, 5-10 seconds.**) Evenly sprinkle with **garlic powder**. Season with **salt** and **pepper**. Slice each ciabatta half on a diagonal to create triangles.



6 FINISH & SERVE

- Stir **half the Parmesan** into **soup** until melted. Season with **plenty of salt and pepper**.
- Divide soup between bowls and sprinkle with remaining Parmesan. Serve with **garlic toasts** on the side.

*Chicken Sausage is fully cooked when internal temperature reaches 165°.