



CHICKEN SAUSAGE, SWEET POTATO & KALE SOUP

with Herb Butter Toast Points

ONE PAN

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Yellow Onion



1 | 2
Sweet Potato



4 oz | 4 oz
Kale



1 TBSP | 1 TBSP
Italian Seasoning



9 oz | 18 oz
Italian Chicken Sausage Mix



2 | 4
Chicken Stock Concentrates



1 | 2
Demi-Baguette
Contains: Soy, Wheat



¼ Cup | ½ Cup
Parmesan Cheese
Contains: Milk

HELLO

SWEET POTATO

This versatile tuber adds heft and a touch of sweetness to hearty soup.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 750



CHOP CHOP

In step 1, we ask you to remove any large, fibrous stems from your pre-chopped kale. If you prefer smaller pieces of leafy greens in your soup, feel free to chop them down a bit more.

You're the chef, after all!

BUST OUT

- Peeler
- Small bowl
- Large pot
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

GET SOCIAL

Share your #HelloFreshPics
with us @HelloFresh

(646) 846-3663

[HelloFresh.com](https://www.hellofresh.com)



1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. (TIP: If you have a toaster oven, feel free to skip preheating.) Wash and dry all produce.
- Halve, peel, and finely dice onion. Peel and dice sweet potato into ½-inch pieces. Remove and discard any large stems from kale.
- Place 2 TBSP butter (4 TBSP for 4 servings) and a pinch of Italian Seasoning (you'll use more later) in a small microwave-safe bowl; bring to room temperature.



4 FINISH SOUP

- Once soup has simmered for 7 minutes, uncover pot and stir in kale. Simmer, uncovered, until kale has wilted and sweet potato is tender, 5-7 minutes more. Season generously with salt and pepper.



2 COOK ONION & SAUSAGE

- Heat a large drizzle of olive oil in a large pot over medium-high heat. Add onion and cook, stirring occasionally, until softened, 4-5 minutes.
- Add sausage* and cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes.



5 MAKE TOAST POINTS

- Meanwhile, mix softened butter and Italian Seasoning in small bowl until thoroughly combined. Season with salt. TIP: If butter is not yet softened, microwave for 5-10 seconds.
- Halve baguette; spread herb butter onto cut sides. Toast cut sides up on top rack (or in a toaster oven) until golden, 3-5 minutes.
- Halve each baguette piece on a diagonal.



3 START SOUP

- Stir sweet potato, stock concentrates, 1 tsp Italian Seasoning (2 tsp for 4 servings), 2½ cups water (5 cups for 4), and a big pinch of salt into pot. (Use the rest of the Italian Seasoning as you like.) Cover and bring to a boil, then reduce heat to medium and simmer, covered, for 7 minutes.



6 SERVE

- Divide soup between bowls and top with Parmesan. Serve with toast points on the side.

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