



ITALIAN NOODLE SOUP

with Chicken Sausage, Gemelli Pasta, and Parmesan Toasts



HELLO
ITALIAN NOODLE SOUP
 With gemelli, Parmesan, and Tuscan herbs,
 it's soup the way your nonna would've made it.

PREP: 15 MIN | TOTAL: 35 MIN | CALORIES: 640

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|---|--|--|--|---|---|
| 
Carrots | 
Roma Tomato | 
Tuscan Heat Spice | 
Chicken Stock Concentrates | 
Parmesan Cheese
<small>(Contains: Milk)</small> | 
Ciabatta Bread
<small>(Contains: Wheat)</small> |
| 
Yellow Onion | 
Italian Chicken Sausage Mix | 
Garlic Powder | 
Gemelli Pasta
<small>(Contains: Wheat)</small> | 
Chili Flakes | 
Baby Spinach |

START STRONG



Master multitasker? Speed up dinner by cooking the sausage first as instructed in step 2. While it's cooking, you can prep the veggies from step 1.

BUST OUT

- Peeler
- Large pot
- Small bowl
- Olive oil (2 tsp)
- Butter (3 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 4-person

- Carrots 2
- Yellow Onion 1
- Roma Tomato 1
- Italian Chicken Sausage Mix 18 oz
- Tuscan Heat Spice  1 TBSP
- Garlic Powder 1 tsp
- Chicken Stock Concentrates 4
- Gemelli Pasta 6 oz
- Parmesan Cheese ½ Cup
- Chili Flakes  1 tsp
- Ciabatta Bread 2
- Baby Spinach 5 oz

WINE CLUB

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1 PREP

Wash and dry all produce. Peel and trim **carrots**, then dice into small cubes. Halve, peel, and finely chop **onion**. Dice **tomato**.



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, about 7 minutes.



3 ADD VEGGIES

Add another drizzle of **olive oil** to pot with **sausage** over medium-high heat, then stir in **carrots, onion**, and a large pinch of **salt**. Cook, stirring occasionally, until slightly softened, about 5 minutes.



4 ADD SPICES AND PASTA

Add **tomato, Tuscan Heat Spice**, and ½ **tsp garlic powder** to pot (save the rest of the garlic powder for the next step). Cook, stirring, until fragrant, about 1 minute. Stir in **6 cups warm water** and **stock concentrates**, scraping up any browned bits on bottom of pot. Stir in **gemelli**. Cover pot and bring to a boil, then immediately reduce heat to low. Simmer, covered, until pasta is al dente, about 10 minutes.



5 MAKE TOASTS

Place **3 TBSP butter** in a small microwave-safe bowl and microwave until just softened, about 10 seconds (do not melt). Stir in **2 TBSP Parmesan** (save the rest for the next step), remaining **garlic powder, chili flakes** (to taste), and a pinch of **salt**. Split **ciabattas** in half and toast in a toaster or toaster oven until golden. Spread butter mixture onto cut sides of ciabattas, then halve each on a diagonal.



6 FINISH AND SERVE

Stir **spinach** into **soup** until wilted. Stir in ¼ **cup Parmesan** (1 packet—save the rest for garnish). Season with plenty of **salt** and **pepper**. Divide soup between bowls, then sprinkle with remaining Parmesan. Serve with **toasts** on the side for dipping. **TIP:** If you like it spicy, sprinkle more chili flakes onto the soup or toasts.

FRESH TALK

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