



ITALIAN CHICKEN SAUSAGE AND VEGGIE SOUP - DINNER

CAVATAPPI DOMANI - LUNCH



COOK IT ONCE, EAT IT TWICE

Tonight's dinner extras transform into tomorrow's lunch.

DINNER	TOTAL: 45 MIN	CALORIES: 780
LUNCH	TOTAL: 15 MIN	CALORIES: 560

INGREDIENTS FOR: 2-person | 4-person

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|--|--|---|--|--|--|---|
| 
Zucchini
2 3 | 
Yellow Onion
1 2 | 
Cavatappi Pasta
6 oz 12 oz
(Contains: Wheat) | 
Marinara Sauce
14 oz 14 oz | 
Chicken Stock Concentrates
2 4 | 
Ciabatta Bread
1 2
(Contains: Wheat) | 
Parmesan Cheese
½ Cup ½ Cup
(Contains: Milk) |
| 
Carrot
1 2 | 
Italian Chicken Sausage Mix*
18 oz 27 oz | 
Tuscan Heat Spice
1 TBSP 2 TBSP | 
Garlic Powder
1 tsp 1 tsp | 
Chili Flakes
1 tsp 1 tsp | 
Italian Cheese Blend
½ Cup 1 Cup
(Contains: Milk) | |

BUST OUT

- Medium pot • Peeler • Large pan • Medium bowl • Strainer • Small bowl • 2 Reusable containers
- Olive oil (4 tsp | 8 tsp) • Butter (2½ TBSP | 5 TBSP) (Contains: Milk)

DINNER



1 PREP

Bring a medium pot of **salted water** to a boil. **Wash and dry all produce.** Trim and dice **zucchini** into ½-inch pieces. Halve, peel, and finely dice **onion**. Trim, peel, and dice **carrot** into ½-inch pieces.



2 COOK SAUSAGE AND PASTA

Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add **sausage** and cook, breaking up meat into pieces, until browned and cooked through, 5-7 minutes. Transfer half to a medium bowl, leaving remaining half in pan. Once water is boiling, add **cavatappi** to pot. Cook until al dente, 9-11 minutes. Reserve ½ **cup pasta cooking water**, then drain.

Chicken Sausage is fully cooked when internal temperature reaches 165 degrees.



3 MAKE CAVATAPPI DOMANI

Add half the **zucchini**, half the **onion**, half the **Tuscan Heat Spice**, **salt**, and **pepper** to pan with **sausage**. Cook, stirring, until softened, 5-7 minutes. Add **marinara sauce** and **reserved pasta cooking water**. Bring to a boil, then reduce heat to low; simmer 10 minutes. Turn off heat. Stir in **3 cups cooked pasta** (you'll put the rest in the soup) and **1 TBSP butter**. Season with salt and pepper. Turn off heat.



4 MAKE SOUP

Heat a large drizzle of **olive oil** in pot used to cook pasta over medium-high heat. Add **carrot**, ¾ **tsp garlic powder** (you'll use the rest for garlic toast), **salt**, and remaining **zucchini**, **onion**, and **Tuscan Heat Spice**. Cook, stirring, until veggies are softened, 5-7 minutes. Stir in reserved **sausage**, **2½ cups water** (5 cups for 4 servings), and **stock concentrates**. Bring to a boil, then reduce heat to medium low and simmer 10 minutes. Stir in remaining **cooked pasta** and half the **Italian cheese**. Taste and season with salt and **pepper**.



5 MAKE GARLIC TOAST AND SERVE DINNER

In a small microwave-safe bowl, microwave **1½ TBSP butter** until softened, about 10 seconds. Stir in remaining **garlic powder** and a pinch of **salt** and **chili flakes** (to taste). Halve **ciabatta** and toast in toaster oven until golden. Evenly spread with garlic butter. Divide **soup** between bowls. Top with remaining **Italian cheese**. Sprinkle with chili flakes if desired. Serve with garlic toast on the side.

LUNCH



6 PACK LUNCH

Divide **cavatappi domani** between 2 reusable containers. Pack each with **Parmesan**. When ready to eat, microwave, stirring, until warmed through, about 3 minutes. Sprinkle pasta with Parmesan.