



CHICKEN SAUSAGE, SWEET POTATO & KALE SOUP

with Herb Butter Toast Points



HELLO

SWEET POTATO

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

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 740**



Sweet Potato



Kale



Italian Chicken Sausage Mix



Demi-Baguette
(Contains: Wheat)



Chili Flakes



Yellow Onion



Italian Seasoning



Chicken Stock Concentrates



Parmesan Cheese
(Contains: Milk)

START STRONG

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
- Olive oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient 2-person | 4-person

- Yellow Onion 1 | 2
- Sweet Potato 1 | 2
- Kale 4 oz | 4 oz
- Italian Seasoning 1 tsp | 2 tsp
- Italian Chicken Sausage Mix* 9 oz | 18 oz
- Chicken Stock Concentrates 2 | 4
- Demi-Baguette 1 | 2
- Parmesan Cheese ¼ Cup | ½ Cup
- Chili Flakes 1 tsp | 1 tsp

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



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 the rest 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**.

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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 HERB BUTTER TOASTS

Meanwhile, mix **softened butter** and **Italian Seasoning** 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**, remaining **Italian Seasoning**, **2½ cups water** (5 cups for 4 servings), and a big pinch of **salt** into pot. 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** and a pinch of **chili flakes** if desired. Serve with **toasts** on the side.

MEANT TO BEAN

For a veggie version, try swapping out sausage for canned cannellini beans.

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