



ONE-POT CHICKEN SAUSAGE & BEAN SOUP

with Kale & Carrot

INGREDIENTS

2 PERSON | 4 PERSON



3 oz | 6 oz
Carrot



4 oz | 8 oz
Kale



1 | 2
Cannellini Beans



1 | 1
Lemon



9 oz | 18 oz
Italian Chicken Sausage Mix



1 TBSP | 2 TBSP
Cornstarch



4 oz | 8 oz
Cream Sauce Base
Contains: Milk



2 | 4
Chicken Stock Concentrates



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HELLO

CANNELLINI BEANS

These white beans have an earthy
flavor and tender texture.

PREP: 5 MIN | COOK: 20 MIN | CALORIES: 720



IN A SLURRY

In Step 3, you'll make a mixture with equal amounts of cornstarch and water. This liquid, aka a slurry, helps thicken your soup.

BUST OUT

- Peeler
- Large pot
- Strainer
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)

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



1 PREP

- Wash and dry produce.
- Trim, peel, and halve **carrot** lengthwise; thinly slice crosswise into half-moons. Remove and discard any large stems from **kale**; chop into bite-size pieces. Drain and rinse **beans**. Quarter **lemon**.



3 COOK SOUP

- Meanwhile, in a small bowl, combine **cornstarch** with **1 TBSP water** (**2 TBSP for 4 servings**) until mixture is smooth and no lumps remain. **TIP: Mix with your finger to ensure there are no lumps!**
- Stir **stock concentrates, cornstarch mixture, half the beans, and 1½ cups water** (**3 cups for 4**) into pot with **sausage and veggies**. Using the back of a wooden spoon or spatula, partially mash beans in pot.
- Cover and bring to a boil, then immediately reduce to a low simmer. Cook until kale is wilted and broth has thickened slightly, 3-5 minutes. **TIP: Check if the kale is wilting evenly and stir occasionally if necessary.**
- Stir in **cream sauce base**, remaining beans, and a **big squeeze of lemon juice**. Cook until combined and warmed through, 1-2 minutes. (**TIP: Add another splash of water if you prefer a thinner broth.**) Season with **salt** and **pepper** to taste.



2 COOK SAUSAGE & VEGGIES

- Heat a **drizzle of oil** in a large pot over medium heat. Add **sausage***; using a spatula, press into an even layer. Cook, undisturbed, until browned on bottom, 2-3 minutes.
- Break up meat into pieces, then add **carrot, kale, and ½ tsp salt** (**1 tsp for 4 servings**). Cook, stirring occasionally, until sausage is cooked through, carrot is slightly softened, and kale begins to wilt, 3-4 minutes.



4 SERVE

- Divide **soup** between bowls. Serve with **remaining lemon wedges** on the side.