



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WITH YOU



PLANT FORWARD

We are dedicated to helping our members achieve the healthy lifestyles they desire. One component of that healthy lifestyle is diet. We are excited to share with you the most recent scientifically-based recommendations from the top nutrition scientists around the world on the healthiest eating style to follow, the PLANT-FORWARD pattern.

PLANT-FORWARD is defined as follows: A style of cooking and eating that emphasizes and celebrates, but is not limited to, plant-based foods – including fruits and vegetables (produce); whole grains; beans, other legumes (pulses), and soy foods; nuts and seeds; plant oils; and herbs and spices – and that reflects evidence-based principles of health and sustainability.



Italian Sausage, Kale and Tortellini Soup

Sausage Kale and Tortellini Soup is such a hearty and flavorful soup! It's packed with cheesy tortellini, nutritious kale, and tasty bits of herbed Italian sausage. A great dinner to cozy up to after a long cold day!

INGREDIENTS

- 16 oz mild or hot Italian sausage (pork or turkey), removed from casings
- 1 Tbsp olive oil
- 1 1/2 cups chopped yellow onion (1 medium)
- 1 1/3 cups chopped carrots (3 medium)
- 4 cloves garlic, minced
- 5 cups low-sodium beef broth
- 2 (14.5 oz) cans diced tomatoes
- 1 (8 oz) can tomato sauce
- 1 Tbsp Italian seasoning
- Salt and freshly ground black pepper
- 9 oz refrigerated three cheese tortellini
- 2 cups packed chopped kale (thick ribs removed)
- Finely shredded parmesan cheese, for serving

DIRECTIONS

- 1 Heat olive oil in a large pot over medium-high heat. Crumble
- 2 sausage into pot and brown, stirring and breaking up sausage occasionally, until cooked through.
- 3 Drain sausage onto a plate lined with several layers of paper towels while reserving 1 Tbsp rendered fat in pot (if there's not a Tbsp just add 1 more Tbsp olive oil to pot).
- 4 Add onions and carrots and sauté 3 minutes then add garlic and sauté 1 minute longer.
- 5 Stir in beef broth, tomatoes, tomato sauce, Italian seasoning and season with salt and pepper to taste.
- 6 Bring to a light boil, return sausage to pot, cover pot and reduce heat to medium-low and allow to simmer until carrots are nearly tender, about 15 minutes.
- 7 Stir in tortellini and kale then cover and cook 7 – 9 minutes longer. Serve warm with parmesan cheese if desired

(note that as the soup rests the tortellini will absorb more broth so you can add more broth or water to thin as desired).

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