



VEGAN ITALIAN ORZO SOUP

INGREDIENTS

14 oz. Plant-Based Italian Sausage
2 T vegetable oil
1 large carrot, sliced
1 medium yellow onion, diced
1 – 2 ribs of celery, sliced
3 gloves garlic, diced
½ t crushed red pepper flakes
1 14.5 oz. can diced tomatoes
4 cups vegetable stock
1 T Italian seasoning
1.5 cups orzo, uncooked
Handful of fresh kale
Toppings: We recommend a generous sprinkle of Parmesan* & some chopped fresh basil

* or your favorite vegan alternative

TIME: 15 mins (Prep Time 10 mins / Cook Time 5 mins) **SERVES:** 8 **TYPE:** Vegan

INSTRUCTIONS

- 1 Heat vegetable oil in a large frying pan on medium heat. Add Italian sausage and cook for 5 minutes, breaking into crumbles as you stir. Set aside, leaving small portion of oil in pan.
- 2 Sauté the veggies: first carrots until browned, then add onions until brown, add celery until softened. Add garlic last and stir quickly while it browns.
- 3 Add crushed red pepper flakes. Simmer for 5 minutes. Add the diced tomatoes, stock and Italian seasoning. Cook until the soup reaches a simmer.
- 4 Add in the orzo and cook until al dente – about 8 minutes.
- 5 Add the kale, stir to wilt. Serve & enjoy!

QUICK TIP



Do you like a little heat? Spice it up with red pepper flakes

Before
the butcher™