

Spiced Pork, Squash & White Bean Soup

with Lacinato Kale & Sage-Walnut Pesto

Pesto is traditionally made with pine nuts and basil, but there are countless ways to customize this herbaceous sauce. Here, in honor of Thanksgiving, we're making it with velvety sage and crunchy walnuts—two classic ingredients of America's favorite culinary holiday. And to thicken our savory pork and cannellini bean soup, we're using a special trick. Smashing some of the cooked squash against the side of the pot adds rich texture and brings the flavors of the dish together. Happy Thanksgiving, chefs!



Ingredients

- 10 Ounces Ground Pork
- 1¼ Cups Cannellini Beans
- 3 Cloves Garlic
- 2 Ounces Lacinato Kale
- 1 Butternut Squash
- 1 Lemon
- 1 Red Onion
- 1 Bunch Sage

Knick Knacks

- 1 Tablespoon Walnuts
- ⅓ Cup Grated Parmesan Cheese
- 2 Tablespoons Squash Soup Spice Blend
(All-Purpose Flour, Ras El Hanout, Ground Turmeric, Ground Nutmeg & Ground Cardamom)

Makes 2 Servings

About 700 Calories Per Serving

Prep Time: 15 min | Cook Time: 25 to 35 min



1



Prepare the ingredients:

Wash and dry the fresh produce. Peel the squash; separate the neck and bulb. Halve the squash bulb lengthwise; remove and discard the pulp and seeds, then small dice. Peel and small dice the onion. Peel and mince the garlic. Remove and discard the kale stems; thinly slice the leaves. Drain and rinse the beans. Quarter and deseed the lemon. Pick the sage leaves off the stems; discard the stems and finely chop the leaves. Finely chop the walnuts.

2



Start the soup:

In a large, high-sided pan (or pot), heat 2 teaspoons of olive oil on medium-high until hot. Add the **squash**; season with salt and pepper. Cook, stirring occasionally, 6 to 8 minutes, or until lightly browned and slightly tender. Add the **onion** and **garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened and fragrant.

3



Add the pork:

Add the **ground pork** to the pan of vegetables; season with salt and pepper. Cook, frequently breaking the meat apart with a spoon, 4 to 6 minutes, or until lightly browned and cooked through. Add the **spice blend**; cook, stirring frequently, 30 seconds to 1 minute, or until fragrant and thoroughly combined.

4



Finish the soup:

Add the **kale** to the pan of vegetables and pork; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until wilted. Add the **beans** and **3 cups of water**; season with salt and pepper. Heat to boiling on high. Once boiling, reduce the heat to medium-high and simmer, stirring occasionally, 6 to 8 minutes, or until thickened and slightly reduced in volume. Using a fork, mash about $\frac{1}{4}$ of the **cooked squash** against the sides or bottom of the pan; stir to incorporate. Turn off the heat. Add $\frac{3}{4}$ of the **cheese** and **the juice of 2 lemon wedges**; stir to thoroughly combine. Season with salt and pepper to taste.

5



Make the pesto:

While the soup simmers, in a small bowl, combine the **sage**, **walnuts**, **remaining cheese** and **the juice of the remaining lemon wedges**; slowly stir in enough olive oil to create a rough paste. Season with salt and pepper to taste.

6



Serve your dish:

Divide the **finished soup** between 2 bowls. Top with the **pesto**. Enjoy!