



**GREEN  
CHEF**

## CHEESY KALE SANDWICHES & TOMATO SOUP

*basil pesto, roasted red peppers, cheddar, scallion crema*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

910

### MENU

VEGETARIAN

There's no denying it: Grilled cheese and tomato soup are a beloved culinary duo. Our chefs elevate the lunchtime classic by adding kale and roasted peppers to toasted ciabatta. A spread of sharp and white cheddar cheeses, cream cheese, and basil pesto adds creamy and tangy oomph. Dip all that in homemade tomato soup with a drizzle of scallion crema on top, and you've got your very own homemade cheesy, crispy, creamy combo meal.

### INGREDIENTS (12 ITEMS)

1 whole **Scallion**  
 2¾ oz **Green kale**  
 1 oz **Sour cream** M  
 7¾ oz **Ground tomatoes**  
 2 whole **Vegetable stock concentrates**  
 1¼ tsp **Paprika, basil & oregano blend**  
 2¼ oz **Roasted red peppers**  
 2 whole **Ciabatta breads** W  
 2 oz **Sharp cheddar cheese** M  
 4 oz **White cheddar cheese** M  
 1 oz **Cream cheese** M  
 1¾ oz **Basil pesto** M

### WHAT YOU'LL NEED

small pot  
 medium sauté pan  
 baking sheet  
 mixing bowls  
 measuring cup & spoons  
 oven mitt  
 cooking oil  
 1 tbsp butter M  
 1 tsp sweetener  
 salt & pepper

### ALLERGENS

M MILK  
W WHEAT



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to [greenchef.com/faq](https://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 PREP & MAKE CREMA

- Preheat oven to 425 degrees.
- Trim and thinly slice **scallion**, separating whites from greens. Mince **scallion whites**.
- Remove and discard any thick center stems\* from **green kale\*\***. Roughly chop leaves into bite-size pieces.
- Place **sour cream**, **scallion greens**, and 1 teaspoon water in a small bowl. Stir to combine. Season with salt and pepper to taste.

*\*To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).*

*\*\*The ingredient you received may be a different color.*

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

## 2 MAKE SOUP

- Melt 1 tablespoon butter in a small pot over medium heat. Add **scallion whites** to hot pot. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 1-2 minutes, or until just tender, stirring occasionally.
- Add **ground tomatoes**, **vegetable stock concentrates**, **paprika**, **basil**, & **oregano blend**, 1½ cups water, and 1 teaspoon of your preferred sweetener.
- Reduce heat to low. Simmer 5-8 minutes, or until soup is warmed through and slightly thickened, stirring occasionally. Season with salt and pepper to taste.

## 3 SAUTÉ KALE

- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add **kale**, **roasted red peppers**, and 2 tablespoons water to hot pan. Cook 2-3 minutes, or until tender, stirring occasionally. Remove from heat.

## 4 TOAST BREAD & MAKE FILLING

- Halve **ciabatta breads** horizontally. Place, cut sides up, on a foil-lined baking sheet. Toast 2-3 minutes, or until lightly browned.
- Place **sharp cheddar cheese**, **white cheddar cheese**, and **cream cheese** in a large bowl. Stir to combine. Add **sautéed kale**. Lightly season with salt and pepper. Stir to combine.

## 5 ASSEMBLE & TOAST SANDWICHES

- Evenly spread **basil pesto** over cut sides of **breads**. (Careful! Baking sheet and bread are hot!)
- Evenly divide **cheesy kale filling** over cut sides of top and bottom buns.
- Return sheet to oven. Toast 4-8 minutes, or until bread is golden brown and cheese is melted.

## 6 PLATE YOUR DISH

- Press **top** and **bottom bread halves** together to form sandwiches.
- Halve **cheesy kale sandwiches** on a diagonal. Serve **tomato soup** on the side. Drizzle soup with **scallion crema**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (434g)

**Amount per serving**

**Calories** **910**

	% Daily Value*
<b>Total Fat</b> 56g	72%
Saturated Fat 26g	130%
Trans Fat 0g	
<b>Cholesterol</b> 125mg	42%
<b>Sodium</b> 2100mg	91%
<b>Total Carbohydrate</b> 61g	22%
Dietary Fiber 6g	21%
Total Sugars 14g	
Includes 5g Added Sugars	10%
<b>Protein</b> 35g	
Vitamin D 0mcg	0%
Calcium 778mg	60%
Iron 6mg	35%
Potassium 852mg	20%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### All ingredients in this recipe:

**Ciabatta Bread** [unbleached, unbromated, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, olive oil, salt, cultured wheat flour, dough conditioner (wheat flour and enzymes), yeast, barley flour], **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, annatto, anti caking agent (potato starch powdered cellulose, natamycin)], **Mild White Cheddar** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Green Kale, Basil Pesto** [basil, canola oil, water, parmesan cheese (pasteurized part-skim cows' milk, cheese culture, salt, enzymes), granulated garlic, salt], **Roasted Red Peppers** [bell pepper], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Ground Tomatoes** [organic tomatoes, organic tomato puree, sea salt, citric acid], **Sour Cream** [cultured cream], **Scallions, Paprika, Basil & Oregano Blend** (Ground Rosemary, Granulated Garlic, Sweet Paprika, Onion Powder, Dried Oregano, Dried Basil)

### Allergen information:

Contains Milk And Wheat

*Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.*

*Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.*