



# VEGAN PEARL PASTA & BEAN SOUP

with Garlicky Breadsticks & Parsley

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Onion



2.5 oz | 5 oz  
Celery



1 | 1  
Cannellini Beans



1 | 1  
Kidney Beans



¼ oz | ½ oz  
Parsley



1 TBSP | 2 TBSP  
Italian Seasoning



1 tsp | 2 tsp  
Garlic Powder



1 | 2  
Veggie Stock Concentrate



2 | 4  
Mushroom Stock Concentrate



2.5 oz | 5 oz  
Israeli Couscous  
Contains: Wheat



13.76 oz | 27.52 oz  
Crushed Tomatoes



1 | 2  
Demi-Baguette  
Contains: Soy, Wheat



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## HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



9 oz | 18 oz  
Italian Chicken Sausage Mix

Calories: 1000



10 oz | 20 oz  
Ground Turkey

Calories: 940

PREP: 10 MIN | COOK: 35 MIN | CALORIES: 710



HELLO

## CANNELLINI BEANS

These white beans have a tender, creamy texture that's perfect for soup.

## BRING THE DUNK

What's a great soup without a crunchy companion for dipping?

Our vegan garlic breadsticks come together in no time flat for a better bowl.

## BUST OUT

- Strainer
- Large bowl
- Large pot
- Baking sheet
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp) (1 tsp | 1 tsp) 💰 💰
- Olive oil (2 tsp | 2 tsp)

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## 1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**

- Halve, peel, and dice **onion** into ¼-inch pieces. Halve **celery** lengthwise; dice into ¼-inch pieces. Drain and rinse **cannellini beans** and **kidney beans**. Roughly chop **parsley**.

- 💰 Heat a **drizzle of oil** in a large pot over medium-high heat. Add **sausage\*** or **turkey\*** and cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes. Transfer to a plate. Reserve pot.



## 3 MAKE BREADSTICKS

- Meanwhile, halve **baguette** lengthwise; slice each half lengthwise into thirds.
- In a large bowl, toss **baguette pieces** with a **large drizzle of olive oil**, **remaining garlic powder**, and **salt and pepper** to taste until evenly coated. Arrange **seasoned baguette pieces** on a baking sheet and bake on top rack until lightly toasted, 4-5 minutes.
- Remove sheet from oven; carefully flip **breadsticks** and return to top rack until golden, 2-3 minutes more.



## 2 MAKE SOUP

- Heat a **drizzle of oil** in a large pot over medium heat. Add **onion**, **celery**, **Italian Seasoning**, **half the garlic powder** (you'll use the rest in the next step), a **pinch of salt**, and **pepper** to taste. Cook, stirring occasionally, until veggies are tender and lightly browned, 5-6 minutes. **TIP: If onion browns too quickly, add a splash of water and lower heat.**
- Stir in **veggie stock concentrate**, **mushroom stock concentrates**, **couscous**, **crushed tomatoes**, **half the cannellini beans**, **half the kidney beans**, **2 cups water**, and a **big pinch of salt and pepper** (use all the cannellini and kidney beans and 4 cups water for 4 servings).
- Increase heat to medium high and bring to a boil, then cover and reduce to a low simmer. Cook, stirring occasionally, until beans and couscous are tender, 10-15 minutes.

- 💰 Use pot used for sausage or turkey here. Once beans and
- 💰 couscous are tender, stir **sausage** or **turkey** into **soup**.



## 4 FINISH & SERVE

- Divide **soup** between bowls; garnish with **parsley**. Serve with **breadsticks** on the side.

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

💰 \*Ground Turkey is fully cooked when internal temperature reaches 165°.