











ONE-POT PORK CANNELLINI KALE SOUP

with Carrot & Lemon

INGREDIENTS

2 PERSON | 4 PERSON

- | | | |
|--|---|--|
| 
2 Cloves 4 Cloves
Garlic | 
3 oz 6 oz
Carrot | 
1 2
Shallot |
| 
4 oz 4 oz
Kale | 
1 1
Lemon | 
10 oz 20 oz
Ground Pork |
| 
1 TBSP 2 TBSP
Tuscan Heat Spice | 
3 6
Chicken Stock Concentrates | 
1 2
Cannellini Beans |



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HelloCustom

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

- | | |
|---|--|
| 
10 oz 20 oz
Chopped Chicken Breast | 
10 oz 20 oz
Ground Turkey |
| Calories: 540 | Calories: 580 |



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 670



HELLO

CANNELLINI BEANS

These white beans have an earthy flavor and smooth, tender texture that holds up well in soups and stews.

FOND OF FOND

When stirring the stock concentrates and water into your soup in Step 4, be sure to simultaneously scrape up any browned bits from the bottom of the pot. This process is known as deglazing, and those unassuming specks (aka *fond*) are full of rich, concentrated flavor. This easy trick adds so much savory depth to your finished dish.

BUST OUT

- Peeler
- Large pot
- Strainer
- Paper towels ^{🇺🇸}
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)

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1 PREP

- Wash and dry produce.
- Peel and mince **garlic**. Trim, peel, and cut **carrot** into a small dice. Halve, peel, and cut **shallot** into a small dice. Remove and discard any large stems from **half the kale** (all for 4 servings); chop leaves into bite-size pieces. Drain and rinse **beans**. Quarter **lemon**.



2 BROWN PORK

- Heat a **drizzle of oil** in a large pot over medium-high heat. Add **pork*** and cook, breaking up meat into pieces, until browned, 2-4 minutes (it'll cook through later). Season with **half the Tuscan Heat Spice** (you'll use the rest in the next step), **salt**, and **pepper**.
- Add **garlic** and cook until lightly browned, 1-2 minutes.
- Transfer **pork mixture** to a plate.

- ^{🇺🇸} Pat **chicken*** dry with paper towels.
- ^{🇺🇸} Swap in chicken (no need to break up chicken into pieces!) or **turkey*** for pork.



3 COOK VEGGIES

- Heat a **drizzle of oil** in same pot over medium heat. Add **carrot** and **shallot**; cook, stirring occasionally, until softened, 8-10 minutes. (TIP: If veggies begin to brown too quickly, reduce heat to medium low.) Season with **remaining Tuscan Heat Spice** and a **pinch of salt and pepper**.



4 START SOUP

- Stir in **chopped kale**, **stock concentrates**, **2½ cups water**, and **½ tsp salt**. (For 4 servings, use 5 cups water and 1 tsp salt.)



5 SIMMER SOUP

- Cover pot, then increase heat to high and bring to a boil. Once boiling, uncover and stir in **pork mixture** and **beans**.
- Reduce heat to medium low and cover. Continue cooking until pork is cooked through, 5 minutes more.



6 FINISH SOUP & SERVE

- Stir a **big squeeze of lemon juice** into **soup**. Taste and season with **salt** and **pepper**.
- Divide soup between bowls. Serve with **remaining lemon wedges** on the side.

*Ground Pork is fully cooked when internal temperature reaches 160°.

^{🇺🇸} *Chicken is fully cooked when internal temperature reaches 165°.

^{🇺🇸} *Ground Turkey is fully cooked when internal temperature reaches 165°.