

# **INGREDIENTS**

2 PERSON | 4 PERSON





Chickpeas



Italian Chicken Sausage Mix



Tomato Paste



Italian Seasoning



Chicken Stock Concentrates



Spinach





ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP!

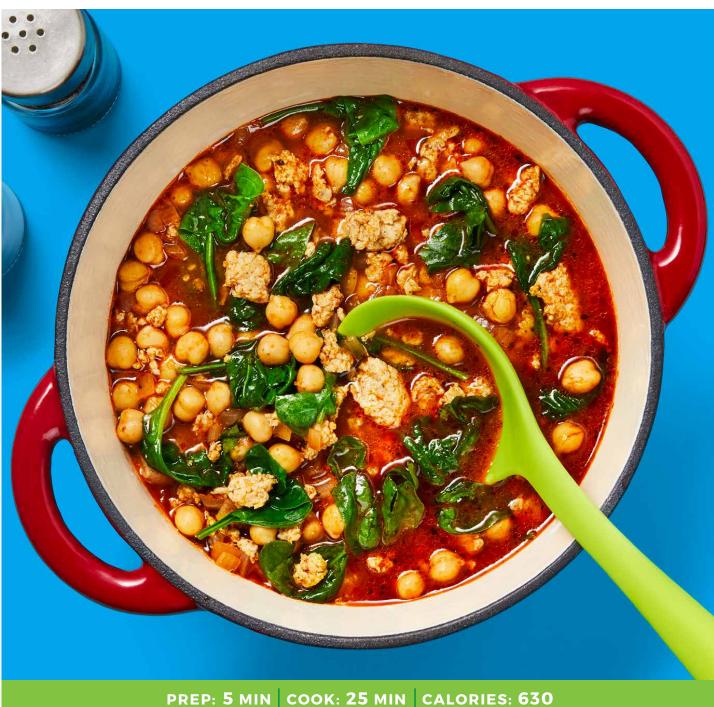
## **HELLO**

# **CHICKPEAS**

These hearty legumes are a great source of protein and fiber.

# **ONE-POT CHICKEN SAUSAGE & CHICKPEA SOUP**

with Spinach & Italian Spices





#### **LITTLE SPOON**

Keep a tasting spoon handy during cooking. This way, you can easily sample as you add salt and pepper, then add more as needed. Your soup will be all the better for it!

#### **BUST OUT**

- Strainer
- Large pot
- Kosher salt
- Black pepper
- Olive oil (1 tsp | 1 tsp)

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#### 1 PREP

- · Wash and dry produce.
- Halve, peel, and finely dice onion. Drain and rinse chickpeas.



### **2 START SOUP**

- Heat a drizzle of olive oil in a large pot over mediumhigh heat. Add sausage\* and cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes.
- Add **onion**; cook, stirring occasionally, until softened, 4-5 minutes.
- Stir in tomato paste and half the Italian Seasoning (all for 4 servings); cook, stirring, 30 seconds.



• Stir 2½ cups water (5 cups for 4 servings), stock concentrates, chickpeas, and a big pinch of salt into pot. Cover and bring to a boil, then reduce heat to medium. Simmer, covered, 7 minutes.



## **4 FINISH & SERVE**

- Once soup has simmered, uncover pot and stir in spinach. Simmer until spinach has wilted, 2-3 minutes more. Season generously with salt and pepper to taste.
- Divide **soup** between bowls and serve.