



ONE-POT CHICKEN SAUSAGE & BEAN SOUP

with Kale & Carrot

INGREDIENTS

2 PERSON | 4 PERSON



3 oz | 6 oz
Carrot



4 oz | 8 oz
Kale



1 | 2
Cannellini Beans



1 | 1
Lemon



9 oz | 18 oz
Italian Chicken Sausage Mix



1 TBSP | 2 TBSP
Cornstarch



4 oz | 8 oz
Cream Sauce Base
Contains: Milk



2 | 4
Chicken Stock Concentrates



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



HELLO

CANNELLINI BEANS

These white beans have an earthy flavor and tender texture.

PREP: 5 MIN | COOK: 20 MIN | CALORIES: 720



THE THICK OF IT

In Step 3, you'll make a mixture with equal amounts of cornstarch and water. This liquid, aka a slurry, helps thicken your soup.

BUST OUT

- Peeler
- Large pot
- Strainer
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (1 **tsp** | 1 **tsp**)

GET SOCIAL

Share your **#HelloFreshPics** with us **@HelloFresh**

(646) 846-3663

[HelloFresh.com](https://www.hellofresh.com)

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



1 PREP

- **Wash and dry produce.**
- Trim, peel, and halve **carrot** lengthwise; thinly slice crosswise into half-moons. Remove and discard any large stems from **kale**; chop into bite-size pieces. Drain and rinse **beans**. Quarter **lemon**.



3 COOK SOUP

- Meanwhile, in a small bowl, combine **cornstarch** with **1 TBSP water** (**2 TBSP for 4 servings**) until mixture is smooth and no lumps remain. **TIP: Mix with your finger to ensure there are no lumps!**
- Stir **stock concentrates, cornstarch mixture, half the beans, and 1½ cups water** (**3 cups for 4**) into pot with **sausage and veggies**. Using the back of a wooden spoon or spatula, partially mash beans in pot.
- Cover and bring to a boil, then immediately reduce to a low simmer. Cook until kale is wilted and broth has thickened slightly, 3-5 minutes. **TIP: Check if the kale is wilting evenly and stir occasionally if necessary.**
- Stir in **cream sauce base**, remaining beans, and a **big squeeze of lemon juice**. Cook until combined and warmed through, 1-2 minutes. (**TIP: Add another splash of water if you prefer a thinner broth.**) Season with **salt** and **pepper** to taste.



2 COOK SAUSAGE & VEGGIES

- Heat a **drizzle of oil** in a large pot over medium heat. Add **sausage***; using a spatula, press into an even layer. Cook, undisturbed, until browned on bottom, 2-3 minutes.
- Break up meat into pieces, then add **carrot, kale, and ½ tsp salt** (**1 tsp for 4 servings**). Cook, stirring occasionally, until sausage is cooked through, carrot is slightly softened, and kale begins to wilt, 3-4 minutes.



4 SERVE

- Divide **soup** between bowls. Serve with **remaining lemon wedges** on the side.