



ONE-POT CHICKEN SAUSAGE & CHICKPEA SOUP

with Spinach & Italian Spices

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Onion



1 | 2
Chickpeas



9 oz | 18 oz
Italian Chicken
Sausage Mix



1 | 2
Tomato Paste



1 TBSP | 1 TBSP
Italian Seasoning



2 | 4
Chicken Stock
Concentrates



5 oz | 10 oz
Spinach



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



HELLO

HALL OF FAME

Meet one of our all-star recipes: a tried-and-true favorite chosen by home cooks like you!

PREP: 5 MIN | COOK: 25 MIN | CALORIES: 630



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**.



3 SIMMER SOUP

- 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.



2 START SOUP

- Heat a **drizzle of olive oil** in a large pot over medium-high 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.



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.

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