



ONE-POT BEEFY STUFFED BELL PEPPER SOUP

with Pearl Pasta

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Onion



1 | 2
Green Bell Pepper



10 oz | 20 oz
Ground Beef**



1 tsp | 2 tsp
Dried Oregano



1 | 2
Tomato Paste



5 oz | 10 oz
Marinara Sauce



2 | 4
Beef Stock
Concentrates



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



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**In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.

HELLO

ISRAELI COUSCOUS

These tiny pasta pearls become tender and chewy when they're simmered in soup.



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 640



SUPERCHARGE YOUR SOUP

For herbaceous flair and a pop of color, chop up any fresh herbs you have in the fridge—say, parsley or chives—and sprinkle over your soup just before serving.

BUST OUT

- Medium pot
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)

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1 PREP

- Wash and dry produce.
- Halve, peel, and dice **onion** into ½-inch pieces. Core, deseed, and dice **bell pepper** into ½-inch pieces.



3 FINISH SOUP

- Add **tomato paste** to pot with **beef and veggies**; cook, stirring occasionally, until tomato paste darkens in color, 1-2 minutes.
- Add **marinara, stock concentrates, couscous,** and **2 cups water (4 cups for 4 servings)**. Bring to a boil, then cover and reduce heat to medium low. Cook until couscous is tender and soup has thickened slightly, 6-8 minutes. **TIP: If there's excess grease on the surface of the soup, carefully skim it off.**
- Season with **salt** and **pepper** to taste.



2 COOK BEEF & VEGGIES

- Heat a **drizzle of oil** in a medium pot (**large pot for 4 servings**) over medium-high heat. Add **beef*, onion,** and **bell pepper**; stir to combine.
- Season with **oregano, salt,** and **pepper**. Cook, breaking up meat into pieces, until beef is cooked through and veggies are tender, 4-6 minutes.



4 SERVE

- Divide **soup** between bowls and serve.

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