



ONE-POT ITALIAN VEGETABLE SOUP

with Kale, Israeli Couscous & Garlic Bread

INGREDIENTS

2 PERSON | 4 PERSON



1 | 1
Onion



6 oz | 12 oz
Carrots



1 Clove | 2 Cloves
Garlic



4 oz | 4 oz
Kale



1 TBSP | 2 TBSP
Italian Seasoning



13.76 oz | 27.52 oz
Crushed Tomatoes



3 | 6
Veggie Stock
Concentrates



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



1 tsp | 1 tsp
Garlic Powder



1 | 2
Demi-Baguette
Contains: Soy,
Wheat



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



1 tsp | 1 tsp
Chili Flakes



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10 oz | 20 oz
Ground Beef**

Calories: 1020



9 oz | 18 oz
Italian Chicken
Sausage Mix

Calories: 940



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 650



HELLO FRESH

HELLO



GARDEN VEGGIES

Carrots, tomatoes, and kale add a variety of flavor and texture

BUTTER UP

In Step 5 you'll make a compound butter with garlic powder. Try variations for other meals. Lemon zest + parsley or honey + cinnamon, and more!

BUST OUT

- Peeler
- Small bowl
- Large pot
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Cooking oil (1 tsp | 1 tsp)  
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

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1 PREP



- **Wash and dry produce.**
- Halve, peel, and dice **onion**. Trim, peel, and cut **carrots** into ¼-inch-thick rounds. Peel and mince or grate **garlic**. Remove and discard any large stems from **kale**.

-  Heat a **drizzle of oil** in a large pot over medium-high heat. Add **beef*** or **sausage*** and season with **salt** and **pepper**. Cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pot.



4 FINISH SOUP



- Once **carrots** are just softened, stir in **couscous** and **kale**. Cook until couscous is tender and kale is wilted, 8-10 minutes. Taste and season generously with **salt** and **pepper**.

-  Once kale is wilted, stir in **beef**
-  or **sausage**.



2 COOK VEGGIES

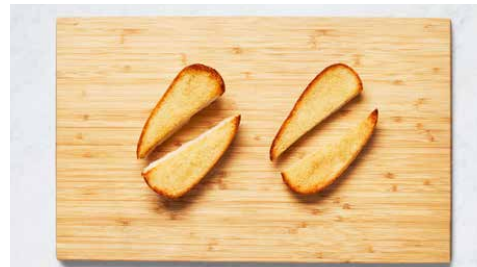
- Heat a **large drizzle of olive oil** in a large pot over medium-high heat. Add **onion** and **carrots**; season with **salt** and **pepper**. Cook, stirring occasionally, until veggies are lightly browned and slightly softened, 4-6 minutes.

-  Use pot used for beef or sausage here.
- 



3 START SOUP

- Stir **Italian Seasoning** and **garlic** into pot with **veggies**. Cook until fragrant, 30 seconds.
- Add **crushed tomatoes**, **stock concentrates**, **3 cups water** (6 cups for 4 servings), and a **big pinch of salt**. Bring to a boil, then reduce to a simmer. Cook until carrots are just softened, 5-7 minutes.



5 MAKE GARLIC BREAD

- While soup cooks, halve **baguette** lengthwise.
- Place **2 TBSP butter** (4 TBSP for 4 servings) in a small microwave-safe bowl; microwave until just softened, 10-15 seconds. Stir in **half the garlic powder** (all for 4) and season with **salt** and **pepper**.
- Toast baguette halves, then spread cut sides with **garlic butter**. Halve each piece on a diagonal.



6 SERVE

- Divide **soup** between bowls. Sprinkle with **Parmesan** and a **pinch of chili flakes** to taste. Serve with **garlic bread** on the side.

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

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