



ITALIAN GARDEN VEGGIE SOUP

with Kale, Pearled Couscous & Garlic Bread

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Yellow Onion



6 oz | 12 oz
Carrots



1 Clove | 2 Cloves
Garlic



4 oz | 8 oz
Kale



1 TBSP | 2 TBSP
Italian Seasoning



13.76 oz | 27.52 oz
Crushed Tomatoes



3 | 6
Veggie Stock
Concentrates



½ Cup | 1 Cup
Israeli Couscous
Contains: Wheat



1 tsp | 1 tsp
Garlic Powder



1 | 2
Demi-Baguette
Contains: Soy, Wheat



¼ Cup | ½ Cup
Parmesan Cheese
Contains: Milk



1 tsp | 1 tsp
Chili Flakes

HELLO

GARDEN VEGGIES

Sweet carrots, tangy crushed tomatoes, and leafy kale add a delicious variety of flavors and textures to Italian-spiced soup.



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 660



THE MORE YOU KNOW

In step 5, you'll be making compound butter. This one has garlic powder, but the sky's the limit when it comes to flavor pairings! Try lemon zest + parsley for stirring into rice, or honey + cinnamon for toast.

BUST OUT

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

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1 PREP

- **Wash and dry all 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**.



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.



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**, and a big pinch of **salt**. Bring to a boil, then reduce to a simmer. Cook until carrots are just softened, 5-7 minutes.
- **4 SERVINGS: Use 6 cups water.**



4 FINISH SOUP

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



5 MAKE GARLIC BREAD

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



6 SERVE

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