



ONE-POT CHICKEN SAUSAGE & BEAN SOUP

with Kale & Carrot

ONE PAN

INGREDIENTS

2 PERSON | 4 PERSON



3 oz | 6 oz
Carrot



4 oz | 8 oz
Kale



13.4 oz | 26.8 oz
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

**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.

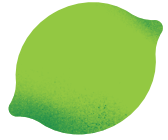
HELLO

CANNELLINI BEANS

These white beans have an earthy flavor and smooth, tender texture that holds up well in soups and stews.



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 690



HELLO FRESH

BEST PRESSED

In step 2, we ask you to press the sausage into an even layer before breaking it up. Why? Giving the meat a few undisturbed minutes in the hot pot (sans stirring) will help it to brown and develop crispy, almost caramelized edges.

BUST OUT

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

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*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 slurry, half the beans, and 1½ cups water (3 cups for 4)** into pot with **sausage mixture**. 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 the 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, carrots are slightly softened, and kale begins to wilt, 3-4 minutes.



4 SERVE

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

WK 5-14