



ONE-POT CHICKEN SAUSAGE & CHICKPEA SOUP

with Spinach & Italian Seasoning

ONE PAN

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Yellow Onion



13.4 oz | 26.8 oz
Chickpeas



9 oz | 18 oz
Italian Chicken Sausage Mix**



1.5 oz | 3 oz
Tomato Paste



1 TBSP | 1 TBSP
Italian Seasoning



2 | 4
Chicken Stock Concentrates



5 oz | 10 oz
Baby Spinach

**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

CHICKPEAS

These hearty legumes are a great source of both protein and fiber.



PREP: 5 MIN | COOK: 25 MIN | CALORIES: 600



LITTLE SPOON

Keep a tasting spoon handy in step 4. 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—and you'll see for yourself why a spoon is one of our favorite kitchen tools!

BUST OUT

- Strainer
- Large pot
- Kosher salt
- Black pepper
- Olive 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.
- 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.