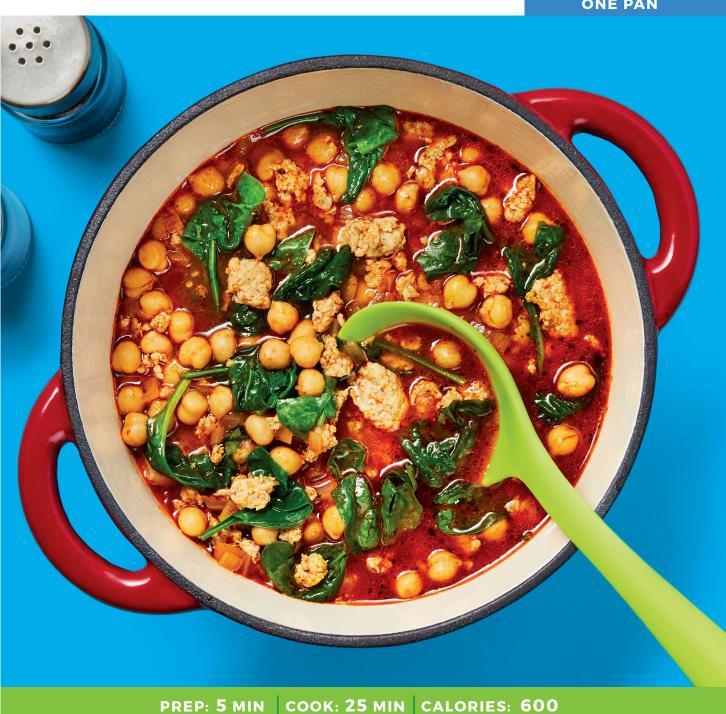


ONE-POT CHICKEN SAUSAGE & CHICKPEA SOUP

with Spinach & Italian Seasoning

ONE PAN



14

HELLO FRESH

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.



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.



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.



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.