



# ONE-POT CHICKEN SAUSAGE & CHICKPEA SOUP

with Spinach & Italian Spices

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Yellow Onion



1 | 2  
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  
Spinach



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!



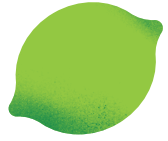
### HELLO

### CHICKPEAS

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



PREP: 5 MIN | COOK: 25 MIN | CALORIES: 630



# HELLO FRESH

## LITTLE SPOON

Keep a tasting spoon handy during cooking. 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!

## 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.

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