



# ONE-POT ITALIAN VEGETABLE SOUP

with Kale, Israeli Couscous & Garlic Bread

## INGREDIENTS

2 PERSON | 4 PERSON



- |  |  |   |
|--|--|---|
| <br><b>1   1</b><br>Yellow Onion                          | <br><b>6 oz   12 oz</b><br>Carrots                              | <br><b>1 Clove   2 Cloves</b><br>Garlic            |
| <br><b>4 oz   4 oz</b><br>Kale                            | <br><b>1 TBSP   2 TBSP</b><br>Italian Seasoning                 | <br><b>13.76 oz   27.52 oz</b><br>Crushed Tomatoes |
| <br><b>3   6</b><br>Veggie Stock Concentrates             | <br><b>2.5 oz   5 oz</b><br>Israeli Couscous<br>Contains: Wheat | <br><b>1 tsp   1 tsp</b><br>Garlic Powder          |
| <br><b>1   2</b><br>Demi-Baguette<br>Contains: Soy, Wheat | <br><b>3 TBSP   6 TBSP</b><br>Parmesan Cheese<br>Contains: Milk | <br><b>1 tsp   1 tsp</b><br>Chili Flakes           |

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

\*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.

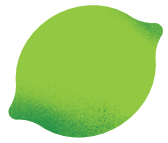
## HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.

- |  |   |
|--|---|
| <br><b>10 oz   20 oz</b><br>Ground Beef** | <br><b>9 oz   18 oz</b><br>Italian Chicken Sausage Mix |
| <b>Calories: 1000</b>  | <b>Calories: 970</b>  |



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 680



# HELLO FRESH

## HELLO

### GARDEN VEGGIES

Carrots, tomatoes, and kale add a variety of flavor and texture

### BUTTER UP

In Step 5 you'll make a compound butter with garlic powder.

Try variations for other meals. Lemon zest + parsley or honey + cinnamon, and more!

### BUST OUT

- Peeler
- Small bowl
- Large pot
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Cooking oil (1 tsp | 1 tsp) 🍷 🍷
- Butter (2 TBSP | 4 TBSP)  
Contains: Milk

### GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663  
HelloFresh.com

🍷 \*Ground Beef is fully cooked when internal temperature reaches 160°.

🍷 \*Chicken Sausage is fully cooked when internal temperature reaches 165°.



### 1 PREP

- **Wash and dry 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**.

- 🍷 Heat a **drizzle of oil** in a large pot over medium-high heat. Add **beef\*** or **sausage\*** and season with **salt** and **pepper**. Cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pot.



### 4 FINISH SOUP

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

- 🍷 Stir in **beef** or **sausage** along with **couscous** and **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.

- 🍷 Use pot used for beef or sausage here.



### 5 MAKE GARLIC BREAD

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



### 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** (6 cups for 4 servings), and a **big pinch of salt**. Bring to a boil, then reduce to a simmer. Cook until carrots are just softened, 5-7 minutes.



### 6 SERVE

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