



## INGREDIENTS

2 PERSON | 4 PERSON



2 Cloves | 4 Cloves  
Garlic



3 oz | 6 oz  
Carrot



1 | 2  
Shallot



4 oz | 4 oz  
Kale



1 | 1  
Lemon



10 oz | 20 oz  
Ground Turkey\*\*



1 TBSP | 2 TBSP  
Tuscan Heat  
Spice



3 | 6  
Chicken Stock  
Concentrates



13.4 oz | 26.8 oz  
Cannellini  
Beans

\*\* 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.

# ONE-POT TURKEY CANNELLINI KALE SOUP

with Carrot & Lemon

ONE PAN



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 600





## FOND OF FOND

When stirring the stock concentrates and water into your soup in step 4, be sure to simultaneously scrape up any browned bits from the bottom of the pot. This process is known as deglazing, and those unassuming specks (aka *fond*) are full of rich, concentrated flavor. This easy trick adds so much savory depth to your finished dish.

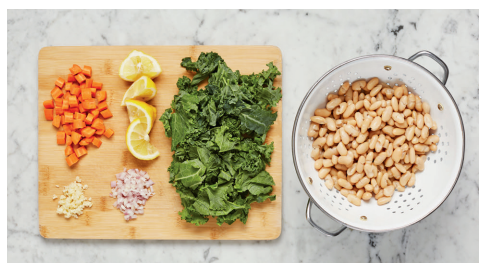
## BUST OUT

- Peeler
- Strainer
- Large pot
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)

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### 1 PREP

- Wash and dry produce.
- Peel and mince **garlic**. Trim, peel, and cut **carrot** into a small dice. Halve, peel, and cut **shallot** into a small dice. Remove and discard any large stems from **half the kale (all the kale for 4 servings)**; chop leaves into bite-size pieces. Drain and rinse **beans**. Quarter **lemon**.



### 2 BROWN TURKEY

- Heat a **drizzle of oil** in a large pot over medium-high heat. Add **turkey\*** and cook, breaking up meat into pieces, until browned, 2-4 minutes (**it'll cook through later**). Season with **half the Tuscan Heat Spice (you'll use the rest in the next step)**, **salt**, and **pepper**.
- Add **garlic** and cook until lightly browned, 1-2 minutes.
- Transfer **turkey mixture** to a plate.



### 3 COOK VEGGIES

- Heat a **drizzle of oil** in same pot over medium heat. Add **carrot** and **shallot**; cook, stirring occasionally, until softened, 8-10 minutes. (**TIP: If veggies begin to brown too quickly, reduce heat to medium low.**) Season with **remaining Tuscan Heat Spice** and a **pinch of salt and pepper**.



### 4 START SOUP

- Stir in **chopped kale, stock concentrates, 2½ cups water**, and **½ tsp salt**. (For 4 servings, use all the kale, 5 cups water, and 1 tsp salt.)



### 5 SIMMER SOUP

- Cover pot, then increase heat to high and bring to a boil. Once boiling, uncover and stir in **turkey mixture** and **beans**.
- Reduce heat to medium low and cover. Continue cooking until turkey is cooked through, 5 minutes more.



### 6 FINISH SOUP & SERVE

- Stir a **big squeeze of lemon juice** into **soup**. Taste and season with **salt** and **pepper**.
- Divide soup between bowls. Serve with **remaining lemon wedges** on the side.

\* Ground Turkey is fully cooked when internal temperature reaches 165°.