



Hearty Bean and Veggie Soup

with Plant-Based Cheesy Garlic Toasts

Veggie 25 Minutes

Customized Protein





+ Add

Swap







or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

	
	
Mild Italian Sausage, uncased 250 g 500 g	Chicken Breast Tenders 310 g 620 g



	
Cannellini Beans 1 2	Crushed Tomatoes with Garlic and Onion 1 2
	
Mirepoix 113 g 227 g	Zucchini 1 2
	
Vegetable Broth Concentrate 1 2	Ciabatta Roll 2 4
	
Garlic Spread 2 tbsp 4 tbsp	Plant-Based Mozzarella Cheese, shredded ¾ cup 1 ½ cups
	
Oregano 3 ½ g 7 g	Red Potato 150 g 300 g
	
Cream Sauce Spice Blend 1 tbsp 2 tbsp	

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. *Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

Ingredient quantities 56 g | 113 g
2 person 4 person

Pantry items | Salt, pepper, sugar, oil

Cooking utensils | Baking sheet, colander, large pot, measuring cups, measuring spoons, medium pot, strainer

1



Boil potatoes

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

- Remove any brown spots from **potatoes**, then cut **potatoes** into ½-inch pieces.
- To a medium pot, add **potatoes**, **2 tsp salt** and enough water to cover by approx. 1 inch (use same for 4 servings). Cover and bring to a boil over high. Cook for 10-12 min, until fork-tender.
- Drain and return **potatoes** to the same pot, off heat.

4



Make soup

- Add **chopped oregano** and **Cream Sauce Spice Blend**. Cook 30 sec, stirring often, until fragrant.
- Add **beans**, **crushed tomatoes**, **1 cup** (2 cups) **water**, **¼ tsp** (½ tsp) **sugar** and **broth concentrate**.
- Bring to a boil over high, then reduce heat to medium-low. Cook 3-4 min, stirring occasionally, until slightly thickened.
- Once **potatoes** are tender and strained, add to **soup**.
- Season with **salt** and **pepper**.

2



Prep

- Meanwhile, cut **zucchini** into ¼-inch quarter moons.
- Strip **some oregano leaves** from stems, then finely chop **1 tsp** (2 tsp).
- Using a strainer, drain and rinse **beans**.
- Halve **rolls**.

5



Make garlic toasts

- On an unlined baking sheet, arrange **rolls** cut-side up. Spread with **garlic spread**, then sprinkle **plant-based cheese** on top.
- Toast in the **middle** of the oven for 3-4 min, until **cheese** melts. (**TIP:** Keep an eye on rolls so they don't burn!)

3



Cook veggies

- + Add | **Mild Italian Sausage, uncased**
- + Add | **Chicken Breast Tenders**
- Heat a large pot over medium.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **mirepoix**. Cook 2-3 min, stirring occasionally, until starting to soften.
- Add **zucchini**. Cook 3-4 min, stirring occasionally, until tender-crisp.
- Season with **salt** and **pepper**.

6



Finish and serve

- + Add | **Chicken Breast Tenders**
- Divide **soup** between bowls.
- Serve **garlic toasts** alongside.

Measurements within steps | **1 tbsp** (2 tbsp) **oil** | 2-serving 4-serving Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Cook sausage and veggies

+ Add | **Mild Italian Sausage, uncased**

If you've opted to add **sausage**, when hot, add **1 tbsp** (2 tbsp) **oil**, then **sausage** along with **mirepoix**. Cook for 4-6 min, breaking up **sausage** and stirring often until **mirepoix** has softened and **sausage** is cooked through.**

3 | Cook chicken and veggies

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large pot over medium-high. Season with **salt** and **pepper**. When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Sear for 3-4 min per side, until **chicken** is golden and cooked through.** Remove to a plate. Use the same pot to cook **veggies**.

6 | Finish and serve

+ Add | **Chicken Breast Tenders**

Thinly slice **chicken**, then add to **soup**.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 165°F.