



# Carb Smart Loaded Bacon and Pepper Soup

## with DIY Croutons

Smart Meal 20 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)

 + Add	 x2 Double
	
Chicken Breasts + 2   4	Bacon 200 g   400 g



	
Bacon Strips 100 g   200 g	Ciabatta Roll 1   2
	
Sweet Bell Pepper 1   2	Corn Kernels 113 g   226 g
	
Green Onion 1   2	Cheddar Cheese, shredded ¼ cup   ½ cup
	
Roasted Pepper Pesto ¼ cup   ½ cup	Cream Cheese 1   2
	
Vegetable Stock Powder 1 tbsp   2 tbsp	All-Purpose Flour Powder 1 tbsp   2 tbsp
	
Garlic, cloves 1   2	

**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-serving | 4-serving

Pantry items | Salt, butter, pepper, oil

Cooking utensils | 2 baking sheets, large pot, measuring cups, measuring spoons, paper towels, parchment paper, tongs, whisk

1



### Cook bacon

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

✖2 Double | Bacon

- On a parchment-lined baking sheet, arrange **bacon** in a single layer.
- Roast in the **middle** of the oven for 10-14 min, until **bacon** is crisp and cooked through.\*\*
- Using tongs, transfer **bacon** to a paper towel-lined plate to cool.

2



### Make croutons

- Meanwhile, cut **ciabatta** into 1-inch pieces.
- On an unlined baking sheet, toss together ciabatta with **1 tbsp** (2 tbsp) **oil**. Season **salt** and **pepper**.
- Toast in the **bottom** of the oven for 8-10 min, until **croutons** are golden and crisp.

3



### Prep

+ Add | Chicken Breasts

- While the **croutons** bake, core, then cut **pepper** into ½-inch pieces.
- Thinly slice **green onions**, keeping **white** and **green parts** separate.
- Peel, then mince or grate **garlic**.

4



### Cook veggies

- Heat a large pot over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then stir until **butter** melts.
- Add **garlic**, **peppers**, **corn** and **green onion whites**. Cook for 3 min, stirring occasionally, until **peppers** start to soften and **corn** begins to brown slightly. Season with **salt** and **pepper**.
- Sprinkle **flour** over **veggies**. Cook for 1 min, stirring often, until **veggies** are coated.

5



### Start soup

- Add **cream cheese**, **stock powder** and **1 ½ cups** (3 cups) **water**. Carefully whisk until **cream cheese** is well combined.
- Bring **soup** up to a simmer. Once simmering, cook for 2-3 min, stirring occasionally, until soup thickens slightly.
- Remove from heat, then stir in **red pepper pesto**. Season with **pepper**, to taste.

6



### Finish and serve

+ Add | Chicken Breasts

- Crumble or cut **bacon** into bite-sized pieces. (**TIP:** Use kitchen shears to cut bacon with ease.)
- Divide **soup** between bowls. Top with **bacon** and **croutons**.
- Sprinkle with **cheese** and **green onion greens**.

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.

### 1 | Cook bacon

✖2 Double | Bacon

If you've opted for **double bacon**, cook in the same way the recipe instructs you to cook the **regular portion of bacon**.

### 3 | Prep

+ Add | Chicken Breasts

If you've opted to add **chicken breasts**, while the **croutons** cook, pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry for 6-7 min on one side, until golden. Flip, then cover and continue cooking for 6-7 min, until cooked through.\*\*

### 6 | Finish and serve

+ Add | Chicken Breasts

Thinly slice **chicken**. Top **soup** with **chicken**, **bacon** and **croutons**.

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

\*\* Cook bacon to a minimum internal temperature of 160°F, as size may vary, and cook chicken to a minimum internal temperature of 165°F, as size may vary.