



Carb Smart Philly Cheesesteak-Style Soup

with Ground Beef and DIY Cheesy Ciabatta Croutons

Smart Meal

30 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)

 Swap	 Swap
	
Ground Turkey 250 g 500 g	Tofu 1 2



	
	
Ground Beef 250 g 500 g	Ciabatta Roll 1 2
	
	
Green Bell Pepper 1 2	Mushrooms 113 g 227 g
	
	
Yellow Onion 1 2	Cheddar Cheese, shredded ¼ cup ½ cup
	
	
Cream Cheese 2 4	Cream 56 ml 113 ml
	
	
Beef Stock Powder 1 tbsp 2 tbsp	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-serving | 4-serving

Pantry items | Oil, salt, pepper

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

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Quarter **mushrooms**.
- Peel, then cut **onion** into ¼-inch pieces.
- Core, then cut **pepper** into ½-inch pieces

2



Roast mushrooms and peppers

- To a parchment-lined baking sheet, add **mushrooms, peppers** and ½ **tbsp** (1 **tbsp**) **oil**. Season with **salt** and **pepper**, then toss to combine.
- Roast in the **top** of the oven for 12-14 min, stirring halfway through, until tender.

3



Cook beef and onions

Swap | Ground Turkey

Swap | Tofu

- Meanwhile, in a large pot, heat ½ **tbsp** (1 **tbsp**) **oil** over medium-high.
- When hot, add **onions** and **beef**. Cook for 4-6 min, breaking up **beef** into smaller pieces, until no pink remains.** Carefully drain and discard excess fat.
- Add **Cream Sauce Spice Blend** and **stock powder**. Cook for 1 min, stirring often, until fragrant.

4



Start soup

- Add **cream cheese** and **2 cups** (4 cups) **water**. Stir to combine, then bring to a boil over high.
- Once boiling, reduce heat to medium-low. Simmer for 4-5 min, stirring occasionally, until **soup** thickens slightly.
- Remove from heat, then add **cream**. Stir to combine.

5



Make croutons

- Meanwhile, cut bun into 1-inch pieces.
- On another parchment-lined baking sheet, toss **bun pieces** with ½ **tbsp** (1 **tbsp**) **oil**, then season with **salt** and **pepper**.
- Gather the **bun pieces** toward the centre of the baking sheet, then sprinkle **cheese** over top. Toast in the **middle** of the oven for 5-6 min, until lightly golden.

6



Finish and serve

- Meanwhile, when **veggies** are done roasting, discard any liquid on baking sheet and add **veggies** to the **soup**. Season with **salt** and **pepper**, then stir to combine.
- Divide **soup** between bowls. Top with **croutons**.

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

For 6 servings

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 turkey and onions

Swap | Ground Turkey

If you've opted to get **turkey**, prep and cook in the same way the recipe instructs you to prep and cook the **beef****

3 | Cook tofu and onions

Swap | Tofu

If you've opted to get **tofu**, pat **tofu** dry with paper towels, then crumble into pea-sized pieces. In a large pot, heat **1 **tbsp**** (2 **tbsp**) **oil** over medium-high. When hot, add **onions** and **tofu**. Cook for 6-7 min, stirring occasionally, until **tofu** is browned all over. Follow the rest of the recipe as written.

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