



One-Pot Italian Sausage Soup

with Cream and Potatoes

Family Friendly

Spicy

25-35 Minutes

Customized Protein

+ Add

Swap

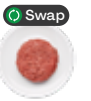
or

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)



Ground Beef
250 g | 500 g



Beyond Meat®
2 | 4



Mild Italian Sausage, uncased
250 g | 500 g



Yellow Potato
350 g | 700 g



Baby Spinach
56 g | 113 g



Carrot
1 | 2



Garlic Puree
1 tbsp | 2 tbsp



Cream
56 ml | 113 ml



Chicken Broth Concentrate
2 | 4



Zesty Garlic Blend
1 tbsp | 2 tbsp



Chili Flakes
1 tsp | 2 tsp



Cream Sauce Spice Blend
1 tbsp | 2 tbsp



Ciabatta Roll
1 | 2



Yellow Onion
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 | Pepper, salt, butter, oil

Cooking utensils | Large bowl, large pot, measuring cups, measuring spoons, silicone brush, small bowl, vegetable peeler

1



Prep

- Before starting, preheat the broiler to high.
 - Remove ½ tbsp (1 tbsp) butter from the fridge and set aside to come up to room temperature.
 - Wash and dry all produce.
- Halve **potatoes** lengthwise, then cut into ¼-inch half-moons.
 - Peel, then cut **carrot** into ¼-inch pieces.
 - Peel, then cut **onion** into ¼-inch pieces.
 - Roughly chop **spinach**, if you like.

2



Cook veggies

- Heat a large pot over medium-high.
- When hot, add **2 tbsp** (4 tbsp) **butter**, then **potatoes, carrots, onions** and **half the Zesty Garlic Blend**.
- Season with **salt** and **pepper**.
- Cook for 4-5 min, stirring occasionally, until **potatoes** and **veggies** soften slightly.
- Transfer to a large bowl.

4



Cook soup

- To the pot with **sausage**, add **Cream Sauce Spice Blend**, **half the garlic puree** and the **remaining Zesty Garlic Blend**.
- Cook for 1 min, stirring often, until **sausage** is coated.
- Add **broth concentrate**, **potatoes, veggies** and **2 cups** (3 ½ cups) **water**. Bring to a simmer.
- Once simmering, cook for 10-12 min, until **veggies** are tender and **broth** thickens slightly.
- Add **cream** and **spinach**. Cook for 1-2 min, stirring occasionally, until **spinach** wilts.
- Season with **salt** and **pepper**. (**TIP:** If you prefer a more brothy soup, add more water, ¼ cup at a time.)

5



Toast ciabatta

- While soup simmers, halve **ciabatta**.
- To a small bowl, add **remaining garlic puree** and **1 tbsp** (2 tbsp) **oil**. Season with **salt** and **pepper**, then stir to combine.
- Brush **garlic oil** onto cut sides of **ciabatta**.
- Add **ciabatta** directly to the **middle** rack of the oven, cut-side up.
- Toast for 3-4 min, until browned. (**TIP:** Keep an eye on them so they don't burn!)

3



Cook sausage

Swap | **Ground Beef**

Swap | **Beyond Meat®**

- Reduce heat to medium, then to the same pot, add **sausage**.
- Cook for 4-5 min, breaking up **sausage** into smaller pieces, until no pink remains.**

6



Finish and serve

- Divide **Italian sausage soup** between bowls.
- Sprinkle **chili flakes** over top, if you like.
- Serve **garlic ciabatta** on the side for dipping.

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 beef

Swap | **Ground Beef**

If you've opted to get **beef**, cook in the same way the recipe instructs you to cook the **sausage****.

3 | Cook Beyond Meat®

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, cook for 5-6 min, in the same way as the **sausage**, breaking up **patties** into smaller pieces, until crispy**.

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