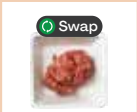




SuperQuick Zesty Sausage and Tortellini Soup with Fresh Veggies

15-Minute Meal 15 Minutes



Ground Turkey 250 g | 500 g

Customized Protein

+ Add

Swap

or

*2 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](http://hellofresh.ca)



Mild Italian Sausage, uncased 250 g | 500 g



Cheese Tortellini 350 g | 700 g



Mirepoix 113 g | 227 g



Tomato Sauce Base 4 tbsp | 8 tbsp



Chicken Stock Powder 1 tbsp | 2 tbsp



Parmesan Cheese, shredded 1/4 cup | 1/2 cup



Baby Spinach 28 g | 56 g



Zucchini 1 | 2



Zesty Garlic 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 | Oil, salt, pepper

Cooking utensils | Large pot, measuring cups, measuring spoons, medium bowl

1



Start soup

- Before starting, wash and dry all produce.

 Swap | Ground Turkey

- Heat a large pot over high.
- When hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, then **sausage** and **mirepoix**. Season with **salt**, **pepper** and **half the Zesty Garlic Blend**.
- Cook for 3-5 min, stirring often, until **veggies** are tender-crisp and **sausage** is cooked through and no pink remains.**
- While **sausage** cooks, halve **zucchini** lengthwise, then cut into $\frac{1}{4}$ -inch half-moons.

2



Cook zucchini

- To a medium bowl, transfer **sausage mixture**.
- Reheat pot over medium. When hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil** and **zucchini**. Season with **salt**, **pepper** and **remaining Zesty Garlic Blend**. Cook for 1-2 min, stirring often, until **zucchini** is tender-crisp and lightly golden.

3



Finish soup

- To the pot with **zucchini**, add **sausage mixture**, **tomato sauce base**, **stock powder**, **tortellini** and **2 $\frac{1}{2}$ cups** (4 cups) **water**. Bring to a boil over high. Reduce heat to medium.
- Cover and cook for 4-6 min, stirring occasionally, until **tortellini** are tender.
- Add **spinach**. Season with **salt** and **pepper**. Stir to mix. (**TIP**: For a lighter soup consistency, add water, $\frac{1}{4}$ cup at a time, if desired.)

4



Finish and serve

- Divide **soup** between bowls.
- Sprinkle **Parmesan cheese** over top.

Measurements within steps **1 tbsp** (2 **tbsp**) **oil**
2 person 4 person 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 | Start soup

 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 **sausage**.**

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