



Cal Smart Harvest Beef Soup

with Hearty Vegetables

Calorie Smart

35 Minutes



Ground Beef



Mirepoix



Garlic, cloves



Green Cabbage,
shredded



Smoked Paprika-
Garlic Blend



Russet Potato



Beef Broth
Concentrate



Crushed Tomatoes



Parsley



Sweet Bell Pepper



Tomato Sauce Base

HELLO MIREPOIX

A classic flavour base made up of carrots, celery and onions!

Start here

Before starting, wash and dry all produce.

Bust out

Vegetable peeler, measuring spoons, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Mirepoix	113 g	227 g
Garlic, cloves	2	4
Green Cabbage, shredded	56 g	113 g
Smoked Paprika-Garlic Blend	2 tbsp	4 tbsp
Russet Potato	230 g	460 g
Beef Broth Concentrate	2	4
Crushed Tomatoes	370 ml	740 ml
Parsley	7 g	7 g
Sweet Bell Pepper	160 g	320 g
Tomato Sauce Base	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

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.

Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.

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1 Prep

Peel, then cut **potatoes** into ½-inch pieces. Core, then cut **pepper** into ½ inch pieces. Peel, then mince or grate **garlic**. Roughly chop **parsley**.



2 Cook beef

Heat a large pot over medium heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **beef**, **mirepoix**, **garlic** and **Smoked Paprika-Garlic Blend**. Season with **salt** and **pepper**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**



3 Cook veggies

When **beef** is done, add **tomato sauce base**, **cabbage**, **peppers** and **potatoes** to the pot. Cook, stirring often, until **cabbage** and **peppers** soften slightly, 3-4 min.



4 Finish soup

Stir in **broth concentrate**, **crushed tomatoes** and **2 cups water** (dbl for 4 ppl). Season with ½ **tsp salt** and ½ **tsp pepper** (dbl both for 4 ppl). Bring to a boil over high heat. Once boiling, reduce heat to medium. Cook until **potatoes** soften and **liquid** reduces slightly, 10-12 min.



5 Finish and serve

Divide **soup** between bowls. Sprinkle **parsley** over top.

Dinner Solved!