



Carb Smart Cheeseburger Soup

with Cheddar and Veggies

Carb Smart 30 Minutes



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Ground Beef



Yellow Onion



Carrot



Green Bell Pepper



Crushed Tomatoes



Beef Broth
Concentrate



Cheddar Cheese,
shredded



Cream



BBQ Seasoning



Green Onion

HELLO GREEN ONION

Another common name for this allium is scallion!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

Bust out

Vegetable peeler, measuring spoons, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Yellow Onion	56 g	113 g
Carrot	85 g	170 g
Green Bell Pepper	200 g	400 g
Crushed Tomatoes	1	2
Beef Broth Concentrate	1	2
Cheddar Cheese, shredded	¼ cup	½ cup
Cream	56 ml	113 ml
BBQ Seasoning	1 tbsp	2 tbsp
Green Onion	1	2
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.



Prep

- Core, then cut **pepper** into ½-inch pieces.
- Thinly slice **green onions**.
- Peel, then cut **half the carrot** into ¼-inch pieces (whole carrot for 4 ppl).
- Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl).



Finish soup

- Add **crushed tomatoes, broth concentrate, cream** and **1 ¼ cups** (2 ½ cups) **water** to pot.
- Stir to combine, then bring to a boil over high.
- Once boiling, reduce heat to medium. Simmer, stirring occasionally, until **soup** thickens slightly, 10-12 min. (**TIP:** If you have time, reduce heat to medium-low and keep soup simmering on the stove for longer. It gets better the longer it cooks!)
- Remove from heat, then season with **salt** and **pepper**, to taste.



Cook beef

- Heat a large pot over medium-high heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **beef**. Break up **beef** into smaller pieces, then add **onions** and **carrots**. Cook, stirring occasionally, until no pink remains in **beef**, 4-5 min.**
- Carefully drain and discard excess fat.



Finish and serve

- Divide **cheeseburger soup** between bowls.
- Sprinkle **cheese** and **green onions** over top.

Dinner Solved!



Start soup

- Add **peppers** and **BBQ Seasoning** to the pot with **beef**.
- Season with **pepper**, then stir to combine.



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