



Carb Smart Cheeseburger Soup

with Cheddar and Veggies

Carb Smart

Quick

25 Minutes

Swap



Ground Pork
250g | 500g

Custom Recipe

+ 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](https://www.hellofresh.ca)



Ground Beef
250 g | 500 g



Yellow Onion
1 | 2



Carrot
1 | 2



Green Bell Pepper
1 | 2



Crushed Tomatoes
1 | 2



Beef Broth Concentrate
1 | 2



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



Cream
56 ml | 113 ml



BBQ Seasoning
1 tbsp | 2 tbsp



Green 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.

Pantry items | Oil, salt, pepper

Cooking utensils | Vegetable peeler, measuring spoons, measuring cups, large pot

1



Prep

• Before starting, wash and dry all produce.

- Core, then cut **pepper** into ½-inch pieces.
- Thinly slice **green onions**.
- Peel, then cut **carrot** into ¼-inch pieces.
- Peel, then cut **onion** into ¼-inch pieces.

2



Cook beef

🔄 Swap | **Pork**

- 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.

3



Start soup

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

4



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.

5



Finish and serve

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

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

2 | Cook

🔄 Swap | **Pork**

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

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



Issue with your meal? Scan the QR code to share your feedback.