

HELLO Carb Smart Cheeseburger Soup with Cheddar and Veggies

Smart Meal

25 Minutes





🚫 Swap

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 🎥

Ground Pork 250 g | 500 g

Protein Shreds 200 g | 400 g







Ground Beef 250 g | 500 g

Yellow Onion 1/2 1







Carrot 1/2 | 1









Tomatoes with Garlic and Onion 1 | 2

Concentrate

1 | 2



Cheddar Cheese,



¼ cup | ½ cup

56 ml | 113 ml

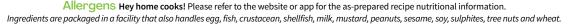


BBQ Seasoning



1 tbsp | 2 tbsp

Green Onion 1 2



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



Prep

- · Before starting, wash and dry all produce.
- Core, then cut pepper into ½-inch pieces.
- Thinly slice green onion.
- Peel, then cut half the carrot (whole carrot for 4 ppl) into 1/4-inch pieces.
- Peel, then cut half the yellow onion (whole onion for 4 ppl) into 1/4-inch pieces.



Cook beef

🗘 Swap | Ground Pork

O Swap | Protein Shreds

- Heat a large pot over medium-high heat.
- When the pot is hot, add 1/2 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.



Start soup

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



2 | Cook plant-based protein shreds

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

1 tbsp

(2 tbsp)

oil

Swap | Protein Shreds

Swap | Ground Pork

Measurements

2 | Cook pork

within steps

the beef.**

If you've opted to get **protein shreds**, cook and plate in the same way the recipe instructs you to cook and plate the **beef**, tossing occasionally until cooked through, 6-8 min.** No need to drain excess fat.



Finish soup

- Add crushed tomatoes, broth concentrate, cream and 1 1/4 cups (2 1/2 cups) water.
- 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.



Finish and serve

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





** Cook beef, pork and protein shreds to a minimum internal temperature of 74°C/165°F.