



Carb Smart Cheeseburger Soup

with Cheddar and Veggies

Smart Meal 25 Minutes

↗ 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 Turkey 250 g 500 g	Tofu 1 2



	
Ground Beef 250 g 500 g	Yellow Onion ½ 1
	
Carrot ½ 1	Green Bell Pepper 1 2
	
Crushed Tomatoes with Garlic and Onion 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

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.

1



Prep

- Before starting, wash and dry all produce.

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

2



Cook beef

Swap | **Ground Turkey**

Swap | **Tofu**

- 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**.
- 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 turkey

Swap | **Ground Turkey**

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **beef**.** No need to drain and discard excess fat.

2 | Cook tofu

Swap | **Tofu**

If you've opted to get **tofu**, pat dry with paper towels, then crumble into pea-sized pieces. Cook it in the same way the recipe instructs you to cook the **beef**, until **veggies** are tender and **tofu** is golden 6-7 min.

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



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