



Hearty Beef and Garden Vegetable Soup

with Cheesy Garlic Bread

Family Friendly 30 Minutes

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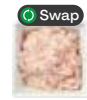
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or

*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 Chicken
250 g | 500 g



Protein Shreds
200 g | 400 g



Ground Beef
250 g | 500 g



Beef Stock Powder
1 tbsp | 2 tbsp



Tomato Sauce Base
2 tbsp | 4 tbsp



Carrot
1 | 2



Sugar Snap Peas
113 g | 227 g



Cream Sauce Spice Blend
1 tbsp | 2 tbsp



Yellow Potato
300 g | 600 g



Garlic Spread
30 g | 60 g



Ciabatta Roll
1 | 2



Parmesan Cheese, shredded
¼ cup | ½ cup



Yellow Onion
1 | 2



Soy Sauce
1 ½ tsp | 3 tsp

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 and cook potatoes

- Before starting, preheat the oven to 450°.
- Wash and dry all produce.
- Halve **potatoes** lengthwise, then cut into ¼-inch half-moons.
- Add **potatoes** and **1 tbsp oil** to an unlined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.)
- Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 23-25 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)

2



Cook veggies

- Peel, then cut **carrot** into ¼-inch half-moons.
- Peel, then cut **half the onion** (whole onion for 4 ppl) into ½-inch pieces.
- Heat a large pot over medium-high heat.
- When hot, add **half the garlic spread** and **½ tbsp** (1 tbsp) **oil**. Swirl the pot to melt.
- Add **carrots** and **onions**.
- Cook, stirring occasionally, until **veggies** soften slightly, 4-5 min. Transfer to a plate.
- Meanwhile, trim and halve **peas**.

3



Cook meat

- ⌚ Swap | **Ground Chicken**
- Add **beef** to the same pot (from step 2).
- Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. ****** Season with **salt** and **pepper**. (**TIP:** Carefully, drain off extra fat, if desired.)
- Add **tomato sauce base** and **soy sauce**. Cook, stirring often, until **meat** is coated, 1-2 min.

4



Cook soup

- Return **veggies** to the pot and sprinkle over **Cream Sauce Spice Blend**. Cook, stirring constantly, until combined, 30 sec.
- Add **2 cups** (4 cups) **water** and **beef stock powder**.
- Bring to a boil over high. Once boiling, reduce heat to medium-high. Cook, stirring occasionally, until **broth** thickens slightly, 6-7 min.
- Add **sugar snap peas**. Cook, stirring often, until **peas** are tender-crisp, 2-3 min.
- Season with **salt** and **pepper**, to taste.

5



Toast garlic rolls

- Meanwhile, halve **rolls**, then arrange on a parchment-lined baking sheet.
- Arrange on an unlined baking sheet, cut-side up. Divide **remaining garlic spread** over **buns**, then sprinkle over **half the Parmesan cheese**.
- Toast until golden-brown, 3-4 min. (**TIP:** Keep an eye on rolls so they don't burn!)

6



Finish and serve

- Stir **roasted potatoes** into soup.
- Divide **soup** between bowls.
- Sprinkle over **remaining Parmesan**.
- Serve with **cheesy garlic rolls** alongside.

3 | Cook ground chicken

⌚ Swap | **Ground Chicken**

If you've opted to get **chicken**, cook it in the same way the recipe instructs you to cook the **beef**, disregarding the tip to drain fat.**

3 | Cook protein shreds

⌚ Swap | **Protein Shreds**

If you've opted to get **protein shreds**, cook **shreds** in the same way the recipe instructs you to cook the **beef**, increasing the cook time to 5-7 min, until crispy.

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

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

