

# HELLO One-Pot Italian Sausage Soup with Cream and Potatoes

Family Friendly Optional Spice

30 Minutes





2 4

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 降







Mild Italian Sausage. uncased

350 g | 700 g

250 g | 500 g









56 g | 113 g





1 tbsp | 2 tbsp





Concentrate



2 | 4

1 tbsp | 2 tbsp









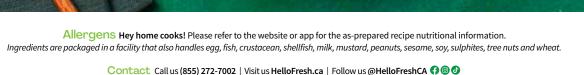




Ciabatta Roll 1 | 2



Yellow Onion 1 | 2



Cooking utensils | Measuring spoons, large bowl, small bowl, measuring cups, large pot



# Prep

- Before starting, preheat the broiler to high.
- Remove ½ tbsp (1 tbsp) butter from the fridge and set aside to come up to room temperature.
- · Wash and dry all produce.
- Halve potatoes lengthwise, then cut into 1/4-inch half-moons.
- Peel, then cut **carrot** into 1/4-inch pieces.
- Peel, then cut **onion** into ¼-inch pieces.
- Roughly chop **spinach**, if desired.



# Cook potatoes and veggies

- Heat a large pot over medium-high heat.
- When hot, add 2 tbsp (4 tbsp) butter, then potatoes, carrots, onions and half the Zesty Garlic Blend.
- Season with salt and pepper.
- Cook, stirring occasionally, until potatoes and veggies soften slightly, 4-5 min. Transfer to a large bowl.



### Cook sausage

🗘 Swap | Ground Beef

🔘 Swap | Beyond Meat®

- Reduce heat to medium, then add sausage to the same pot.
- Cook, breaking up sausage into smaller pieces, until no pink remains, 4-5 min.\*\*



# 3 | Cook Beyond Meat®

3 | Cook ground beef

Swap | Ground Beef

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

Measurements

within steps

the sausage.\*

Swap | Beyond Meat®

If you've opted to get **Beyond Meat**®, prepare and cook it the same way the recipe instructs you to cook the **sausage**, until crispy.\*

1 tbsp

(2 tbsp)

oil



# Cook soup

- Add Cream Sauce Spice Blend, half the garlic puree and remaining Zesty Garlic Blend to the pot with sausage.
- Cook, stirring often, until sausage is coated, 1 min.
- Add broth concentrates, potatoes, veggies and 2 cups (3 ½ cups) water to the pot. Bring to a simmer.
- Once simmering, cook until veggies are tender and broth thickens slightly, 10-12 min. Add cream and spinach.
- Cook, stirring occasionally, until spinach wilts, 1-2 min.
- Season with salt and pepper, to taste. (TIP: If you prefer a more brothy soup, add more water, ¼ cup at a time.)
- \*\* Cook to a minimum internal temperature of 74°C/165°F.



#### Toast ciabatta

- While soup simmers, halve ciabatta.
- Add remaining garlic puree and 1 tbsp (2 tbsp) oil to a small bowl. Season with salt and pepper, then stir to combine.
- Spread garlic oil onto cut sides of ciabatta.
- Add ciabatta directly to the middle rack of the oven, cut-side up.
- Toast until golden-brown, 3-4 min. (TIP: Keep) an eye on ciabatta so they don't burn!)



#### Finish and serve

- Divide Italian sausage soup between bowls.
- Sprinkle chili flakes over top, to taste.
- Serve garlic ciabatta on the side for dipping.

