



One-Pot Italian Sausage Soup

with Cream and Potatoes

Family Friendly

Optional Spice

30 Minutes

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+ Add

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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 Beef 250 g 500 g	 Beyond Meat® 2 4
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 Mild Italian Sausage, uncased 250 g 500 g	 Yellow Potato 350 g 700 g
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 Baby Spinach 56 g 113 g	 Carrot 1 2
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 Garlic Puree 1 tbsp 2 tbsp	 Cream 56 ml 113 ml
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 Chicken Broth Concentrate 2 4	 Zesty Garlic Blend 1 tbsp 2 tbsp
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 Chili Flakes 1 tsp 2 tsp	 Cream Sauce Spice Blend 1 tbsp 2 tbsp
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 Ciabatta Roll 1 2	 Yellow Onion 1 2
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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 | Unsalted butter*, oil*, salt*, pepper*

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

1



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 ¼-inch half-moons.
- Peel, then cut **carrot** into ¼-inch pieces.
- Peel, then cut **onion** into ¼-inch pieces.
- Roughly chop **spinach**, if desired.

2



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.

4



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.)

5



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!)

3



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.**

6



Finish and serve

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

Measurements
within steps

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

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 the **sausage****.

3 | Cook Beyond Meat®

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.**

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



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