



One-Pot Italian Sausage Soup

with Cream and Potatoes

Family Friendly

25 - 35 Minutes

Customized Protein

+ Add

Swap

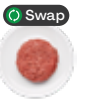
or

*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 Beef
250g | 500g



Beyond Meat®
2 | 4



Mild Italian Sausage, uncased
250 g | 500 g



Yellow Potato
350 g | 700 g



Baby Spinach
56 g | 113 g



Carrot
1 | 2



Garlic Puree
1 tbsp | 2 tbsp



Cream
56 ml | 113 ml



Chicken Broth Concentrate
2 | 4



Zesty Garlic Blend
1 tbsp | 2 tbsp



Chili Flakes
1 tsp | 2 tsp



Cream Sauce Spice Blend
1 tbsp | 2 tbsp



Ciabatta Roll
1 | 2



Yellow 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.

Pantry items | Unsalted butter, oil, salt, pepper

Cooking utensils | Vegetable peeler, measuring spoons, silicone brush, 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 concentrate**, **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**. (**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, cook and plate it the same way as the **sausage**, until cooked through, 5-6 min.**

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



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