



VEGAN PEARL PASTA & BEAN SOUP

with Garlicky Breadsticks & Parsley

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Onion



2.5 oz | 5 oz
Celery



1 | 1
Cannellini Beans



1 | 1
Kidney Beans



¼ oz | ½ oz
Parsley



6 oz | 12 oz
Cauliflower Rice



1 TBSP | 2 TBSP
Italian Seasoning



1 tsp | 2 tsp
Garlic Powder



1 | 2
Veggie Stock Concentrate



2 | 4
Mushroom Stock Concentrates



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



13.76 oz | 27.52 oz
Crushed Tomatoes



1 | 2
Demi-Baguette
Contains: Soy, Wheat



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



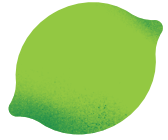
9 oz | 18 oz
Italian Chicken Sausage Mix
Calories: 950



10 oz | 20 oz
Ground Turkey
Calories: 930



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 690



HELLO FRESH

HELLO



CANNELLINI BEANS

These white beans have a tender, creamy texture that's perfect for soup.

BRING THE DUNK

What's a great soup without a crunchy companion for dipping? Our vegan garlic breadsticks come together in no time flat for a better bowl.

BUST OUT

- Strainer
- Large bowl
- Large pot
- Baking sheet
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp) (1 tsp | 1 tsp)  
- Olive oil (2 tsp | 2 tsp)

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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 *Chicken Sausage is fully cooked when internal temperature reaches 165°.

 *Ground Turkey is fully cooked when internal temperature reaches 165°.



1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Halve, peel, and dice **onion** into ¼-inch pieces. Halve **celery** lengthwise; dice into ¼-inch pieces. Drain and rinse **cannellini beans** and **kidney beans**. Roughly chop **parsley**.
-  Heat a **drizzle of oil** in a large pot over medium-high heat. Add **sausage*** or **turkey*** and cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes. Transfer to a plate. Reserve pot.





3 MAKE BREADSTICKS

- Meanwhile, halve **baguette** lengthwise; slice each half lengthwise into thirds.
- In a large bowl, toss **baguette pieces** with a **large drizzle of olive oil**, **remaining garlic powder**, and **salt and pepper** to taste until evenly coated. Arrange **seasoned baguette pieces** on a baking sheet and bake on top rack until lightly toasted, 4-5 minutes.
- Remove sheet from oven; carefully flip **breadsticks** and return to top rack until golden, 2-3 minutes more.



2 MAKE SOUP

- Heat a **drizzle of oil** in a large pot over medium heat. Add **onion**, **celery**, **cauliflower rice**, **Italian Seasoning**, **half the garlic powder** (you'll use the rest in the next step), a **pinch of salt**, and **pepper** to taste. Cook, stirring occasionally, until veggies are tender and lightly browned, 5-6 minutes. **TIP: If onion browns too quickly, add a splash of water and lower heat.**
- Stir in **veggie stock concentrate**, **mushroom stock concentrates**, **couscous**, **crushed tomatoes**, **half the cannellini beans**, **half the kidney beans**, **2 cups water**, and a **big pinch of salt and pepper** (use all the cannellini and kidney beans and 4 cups water for 4 servings).
- Increase heat to medium high and bring to a boil, then cover and reduce to a low simmer. Cook, stirring occasionally, until beans and couscous are tender, 10-15 minutes.
-  Use pot used for sausage or turkey here. Once beans and  couscous are tender, stir **sausage** or **turkey** into **soup**.



4 FINISH & SERVE

- Divide **soup** between bowls; garnish with **parsley**. Serve with **breadsticks** on the side.