



# ONE-POT BEEFY STUFFED BELL PEPPER SOUP

with Pearl Pasta

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Onion



1 | 2  
Green Bell Pepper



10 oz | 20 oz  
Ground Beef\*\*



1 tsp | 2 tsp  
Dried Oregano



1 | 2  
Tomato Paste



2 | 4  
Marinara Sauce



2 | 4  
Beef Stock  
Concentrates



2.5 oz | 5 oz  
Israeli Couscous  
Contains: Wheat



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



\*\*In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.



## HelloCustom

2 PERSON | 4 PERSON

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



10 oz | 20 oz  
Ground Turkey

Calories: 510



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 620



HELLO

## ISRAELI COUSCOUS

These tiny pasta pearls become tender and chewy when they're simmered in soup.

### SUPERCHARGE YOUR SOUP

For herbaceous flair and a pop of color, chop up any fresh herbs you have in the fridge—say, parsley or chives—and sprinkle over your soup just before serving.

### BUST OUT

- Medium pot
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 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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### 1 PREP

- **Wash and dry produce.**
- Halve, peel, and dice **onion** into ½-inch pieces. Core, deseed, and dice **bell pepper** into ½-inch pieces.



### 3 FINISH SOUP

- Add **tomato paste** to pot with **beef and veggies**; cook, stirring occasionally, until tomato paste darkens in color, 1-2 minutes.
- Add **marinara, stock concentrates, couscous,** and **2 cups water (4 cups for 4 servings)**. Bring to a boil, then cover and reduce heat to medium low. Cook until couscous is tender and soup has thickened slightly, 6-8 minutes. **TIP: If there's excess grease on the surface of the soup, carefully skim it off.**
- Season with **salt** and **pepper** to taste.



### 2 COOK BEEF & VEGGIES

- Heat a **drizzle of oil** in a medium pot (**large pot for 4 servings**) over medium-high heat. Add **beef\*, onion,** and **bell pepper**; stir to combine.
- Season with **oregano, salt,** and **pepper**. Cook, breaking up meat into pieces, until beef is cooked through and veggies are tender, 4-6 minutes.

↻ Swap in **turkey\*** for beef.



### 4 SERVE

- Divide **soup** between bowls and serve.

\*Ground Beef is fully cooked when internal temperature reaches 160°.

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