



ONE-POT CHICKEN SAUSAGE & CHICKPEA SOUP

with Spinach & Italian Spices

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Onion



1 | 2
Chickpeas



9 oz | 18 oz
Italian Chicken
Sausage Mix



1 | 2
Tomato Paste



1 TBSP | 1 TBSP
Italian Seasoning



2 | 4
Chicken Stock
Concentrates



5 oz | 10 oz
Spinach



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP
OR GIVE US A CALL AT (646) 846-3663.

HELLO

ITALIAN SEASONING

Oregano, basil, and parsley make this herb blend delizioso.



PREP: 5 MIN | COOK: 25 MIN | CALORIES: 600



LITTLE SPOON

Keep a tasting spoon handy during cooking. This way, you can easily sample as you add salt and pepper, then add more as needed. Your soup will be all the better for it!

BUST OUT

- Strainer
- Large pot
- Kosher salt
- Black pepper
- Olive 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 finely dice **onion**. Drain and rinse **chickpeas**.



3 SIMMER SOUP

- Stir **2½ cups water** (**5 cups for 4 servings**), **stock concentrates**, **chickpeas**, and a **big pinch of salt** into pot. Cover and bring to a boil, then reduce heat to medium. Simmer, covered, 7 minutes.



2 START SOUP

- Heat a **drizzle of olive oil** in a large pot over medium-high heat. Add **sausage*** and cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes.
- Add **onion**; cook, stirring occasionally, until softened, 4-5 minutes.
- Stir in **tomato paste** and **half the Italian Seasoning** (**all for 4 servings**); cook, stirring, 30 seconds.



4 FINISH & SERVE

- Once soup has simmered, uncover pot and stir in **spinach**. Simmer until spinach has wilted, 2-3 minutes more. Season generously with **salt** and **pepper** to taste.
- Divide **soup** between bowls and serve.

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