



# ONE-POT HEARTY LENTIL SOUP

with Carrots, Celery, Kidney Beans & Sour Cream

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Onion



2 1/2 oz | 5 oz  
Celery



1 | 2  
Lentils



1 tsp | 2 tsp  
Garlic Powder



1 tsp | 2 tsp  
Chili Powder



1 tsp | 2 tsp  
Cumin



1 | 2  
Tomato Paste



1 | 2  
Kidney Beans



1/4 oz | 1/2 oz  
Chives



3 TBSP | 6 TBSP  
Sour Cream  
Contains: Milk



3 | 6  
Veggie Stock  
Concentrates



6 oz | 12 oz  
Carrots



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HELLO

LENTILS

Tender and nutty, these legumes make for an extra-hearty vegetarian soup.



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 680



## MASH-TER CHEF

Mashed kidney beans act as a thickener to give your soup a velvety texture.

## BUST OUT

- Peeler
- Can opener
- Strainer
- Medium pot
- Potato masher
- Kosher Salt
- Black Pepper
- Cooking Oil

## MORE IS MORE

If you upgraded your meal to double your protein or veggies, 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. To cook 3-serving or 6-serving recipes, refer to the separate **MORE IS MORE** card for all the info you'll need!

*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. Trim, peel, and halve **carrots** lengthwise; slice crosswise into ¼-inch half-moons. Halve **celery** lengthwise; thinly slice crosswise into pieces. Drain and rinse **lentils**.



### 2 START SOUP

- In a medium pot (**large pot for 4 servings**), heat a **large drizzle of oil** over medium-high heat. Add **onion, carrots, celery, salt, and pepper**; cook, stirring occasionally, until veggies are slightly softened, 2-3 minutes.
- Add **garlic powder, chili powder, cumin, and tomato paste**; cook, stirring, until fragrant, 30-60 seconds.



### 3 SIMMER SOUP

- Stir in **2½ cups water (5 cups for 4 servings), lentils, and stock concentrates**, scraping up any browned bits from bottom of pot. Bring to a simmer; cook, uncovered, until slightly reduced, 5-7 minutes.



### 4 MASH BEANS & FINISH SOUP

- Meanwhile, empty **kidney beans and their liquid** into a medium bowl. Mash with a potato masher or fork until beans are mostly smooth (**this will help thicken the soup**).
- Once soup has simmered 5-7 minutes, stir mashed beans into **soup**. Return to a boil, then reduce to a simmer. Cook, stirring occasionally, until soup thickens, 3-5 minutes more. Taste and season with salt and pepper if desired.



### 5 FINISH PREP

- While soup simmers, thinly slice **chives**.



### 6 FINISH & SERVE

- Divide **soup** between bowls. Dollop with **sour cream** and sprinkle with **chives**. Serve.