CHICKEN SAUSAGE & CHICKPEA SOUP

with Spinach & Italian Seasoning

ONE PAN

INGREDIENTS

2 PERSON | 4 PERSON

- **1 | 2** Yellow Onion
- **13.4 oz | 26.8 oz** Chickpeas
- **9 oz | 18 oz** Italian Chicken Sausage Mix
- **2 | 4** Chicken Stock Concentrates
- **1.5 oz | 3 oz** Tomato Paste
- **1 TBSP | 1 TBSP** Italian Seasoning
- **5 oz | 10 oz** Baby Spinach

HELLO

CHICKPEAS

These hearty legumes are a great source of both protein and fiber.

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

HFRC_25.25_R15519A_CHICKEN SAUSAGE & CHICKPEA SOUP.indd 1 6/3/21 1:00 PM

HELLO FRESH

LITTLE SPOON

Keep a tasting spoon handy in step 4. This way, you can easily sample between additions of salt and pepper, then add more as needed. Your dish will be all the better for it—and you'll see for yourself why a spoon is one of our favorite kitchen tools!

BUST OUT

- Strainer
- Large pot
- Kosher salt
- Black pepper
- Olive oil (**1 tsp** | **1 tsp**)

GET SOCIAL

Share your **#HelloFreshPics** with us **@HelloFresh**

(646) 846-3663

HelloFresh.com

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

1 PREP

- **Wash and dry produce.**
- Halve, peel, and finely dice **onion**. Drain and rinse **chickpeas**.

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.

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, for 7 minutes.

4 FINISH & SERVE

- Once **soup** has simmered for 7 minutes, uncover pot and stir in **spinach**. Simmer, uncovered, until spinach has wilted, 2-3 minutes more. Season generously with **salt** and **pepper** to taste.
- Divide soup between bowls and serve.

WK 25-25