



ONE-POT CHICKPEA, KALE & TOMATO SOUP

with Couscous, Parmesan & Garlic Ciabatta

INGREDIENTS

2 PERSON | 4 PERSON



1 | 1
Yellow Onion



3 oz | 6 oz
Carrot



1 Clove | 2 Cloves
Garlic



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



4 oz | 4 oz
Kale



1 TBSP | 2 TBSP
Tuscan Heat
Spice



1 | 2
Chickpeas



14 oz | 28 oz
Diced Tomatoes



1 | 2
Veggie Stock
Concentrate



1 | 2
Mushroom Stock
Concentrate



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



1 | 2
Ciabatta
Contains: Soy, Wheat



1 tsp | 1 tsp
Garlic Powder



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**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.



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



10 oz | 20 oz
Ground Beef**



10 oz | 20 oz
Ground Turkey

Calories: 1240

Calories: 1170



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 890



HELLO

TUSCAN HEAT SPICE

Our blend of Italian-style herbs packs a bit of peppery heat.

BUTTER BELIEVE IT

This compound butter is made with garlic powder, but you can also try variations for other meals. Lemon zest + parsley or honey + cinnamon, and more!

BUST OUT

- Peeler
- Small bowl
- Large pot
- Kosher salt
- Black pepper
- Olive oil (1 TBSP | 1 TBSP)
- Cooking oil (2 tsp | 2 tsp) Ⓢ Ⓢ
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

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1 PREP

- Wash and dry produce.
- Trim, peel, and dice **carrot** into ½-inch pieces. Halve, peel, and dice **half the onion (whole onion for 4 servings)**. Peel and mince **garlic**. Remove and discard any large stems from **kale**.

- Ⓢ Heat a **large drizzle of oil** in a large pot over medium-high heat. Add **beef*** or **turkey*** and season with **salt** and **pepper**. Cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pot.



4 FINISH SOUP

- Once carrot is just softened, stir in **couscous** and **kale**. Cover pot and cook until couscous is tender and kale is wilted, 7-9 minutes.
- Uncover and stir in **half the Parmesan (save the rest for serving)**. Taste and season generously with **salt** and **pepper**. Turn off heat.



2 COOK VEGGIES

- Heat a **large drizzle of olive oil** in a large pot over medium-high heat. Add **carrot** and **diced onion**; cook, stirring occasionally, until softened, 5-6 minutes.
- Add a **drizzle of olive oil**, then stir in **garlic**, **Tuscan Heat Spice**, and **half the garlic powder (you'll use the rest later)**; cook until fragrant, 30 seconds.

- Ⓢ Use pot used for beef or turkey here.



5 MAKE GARLIC CIABATTA

- Meanwhile, halve **ciabatta**.
- Place **2 TBSP butter (4 TBSP for 4 servings)** in a small microwave-safe bowl; microwave until softened, 10-15 seconds. Stir in **remaining garlic powder** and season with **salt** and **pepper**.
- Toast ciabatta, then spread cut sides with **garlic butter**. Halve each piece on a diagonal.



3 START SOUP

- Stir **chickpeas and their liquid**, **diced tomatoes**, **veggie stock concentrate**, **mushroom stock concentrate**, **3½ cups water (7 cups for 4 servings)**, and a **big pinch of salt** into pot with **veggies**.
- Bring to a boil, then reduce to a low simmer; cook, uncovered, until carrot is just softened, 13-15 minutes.

- Ⓢ Stir **beef** or **turkey** into **soup** along with **chickpeas**.



6 SERVE

- Divide **soup** between bowls. Sprinkle with **remaining Parmesan** and serve with **garlic ciabatta** on the side.

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

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