



ONE-POT RUSTIC FARRO & PORK SAUSAGE SOUP

with Parmesan & Parsley

ONE PAN

INGREDIENTS

2 PERSON | 4 PERSON



3 oz | 6 oz
Carrot



1 | 1
Yellow Onion



9 oz | 18 oz
Italian Pork Sausage



1 | 2
Roma Tomato



¼ oz | ¼ oz
Parsley



1 TBSP | 1 TBSP
Tuscan Heat Spice



¾ Cup | 1½ Cups
Farro
Contains: Wheat



2 | 4
Chicken Stock Concentrates



¼ Cup | ½ Cup
Parmesan Cheese
Contains: Milk

HELLO

FARRO

This ancient grain has a nutty flavor and delightfully chewy texture.



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 630



FOND OF FOND

When stirring stock concentrates and water into your soup in step 2, we ask you to simultaneously scrape up any browned bits from the bottom of the pot. This process is known as *deglazing*, and those unassuming specks (aka *fond*) are full of rich, concentrated flavor. This easy trick adds so much savory depth to your soup.

BUST OUT

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

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663
HelloFresh.com

* Pork Sausage is fully cooked when internal temperature reaches 160°.



1 START PREP & COOK SAUSAGE MIXTURE

- Wash and dry produce.
- Halve, peel, and finely chop onion.
- Remove **sausage*** from casing; discard casing.
- Heat a **drizzle of olive oil** in a large pot over medium-high heat. Add sausage and onion; cook, breaking up meat into pieces, until browned, 4-6 minutes (**the sausage will finish cooking in the next step**).



3 FINISH SOUP

- Once **farro** is tender, stir **half the Parmesan (save the rest for serving)** into **soup**. Taste and season with **salt** and **pepper**.



2 FINISH PREP & COOK SOUP

- Meanwhile, dice **tomato**. Trim, peel, and cut **carrot** into a small dice. Pick **parsley leaves** from stems; finely chop leaves.
- Stir tomato, carrot, half the chopped parsley, **half the Tuscan Heat Spice (use the rest as you like)**, and **½ cup farro (be sure to measure; we sent more)** into pot with **sausage mixture**. (**Use 1 cup farro for 4 servings.**) Cook, stirring, 1 minute.
- Stir in **stock concentrates** and **3½ cups warm water (6 cups for 4)**, scraping up any browned bits from bottom of pot.
- Cover, bring to a boil, then immediately reduce heat to low. Simmer, covered, until farro is tender, 25-30 minutes.



4 SERVE

- Divide **soup** between bowls. Top with **remaining Parmesan** and **remaining chopped parsley** and serve.

WK 38-22