



Carb Smart Cheeseburger Soup

with Cheddar and Veggies

Carb Smart

30 Minutes



Ground Beef



Mirepoix



Zucchini



Green Beans



Green Onions



Seasoned Salt



Crushed Tomatoes with Garlic and Onion



Beef Broth Concentrate



Cheddar Cheese, shredded



Cream Cheese

HELLO ZUCCHINI

This versatile squash also goes by the name courgette!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Mirepoix	113 g	227 g
Zucchini	200 g	400 g
Green Beans	170 g	340 g
Green Onions	2	2
Seasoned Salt	1 tbsp	2 tbsp
Crushed Tomatoes with Garlic and Onion	370 ml	740 ml
Beef Broth Concentrate	1	2
Cheddar Cheese, shredded	½ cup	1 cup
Cream Cheese	43 g	86 g
Oil*		
Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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1 Prep

Cut **zucchini** into ½-inch pieces. Trim, then cut **green beans** into 1-inch pieces. Thinly slice **green onions**.



2 Cook beef

Heat a large pot over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then stir in **beef**. Break up **beef** into smaller pieces, then stir in **mirepoix**. Cook, stirring occasionally, until no pink remains in **beef**, 4-5 min.** Carefully drain and discard excess fat.



3 Start soup

Add **zucchini**, **green beans**, **cream cheese** and **seasoned salt** to the pot with **beef**. Season with **pepper**, then stir until **cream cheese** melts, 1-2 min.



4 Finish soup

Add **crushed tomatoes**, **broth concentrate** and **1 cup water** (dbl for 4 ppl) to the pot. Stir to combine, then bring to a boil over high. Once boiling, reduce heat to medium. Simmer, stirring occasionally, until **soup** thickens slightly, 10-12 min. (**TIP:** If you have time, keep it simmering on the stove for longer. It gets better the longer it cooks!)



5 Finish and serve

Divide **soup** between bowls. Sprinkle **cheddar cheese** and **green onions** over top.

Dinner Solved!