



Carb Smart Cheeseburger Soup

with Cheddar and Veggies

Carb Smart

30 Minutes



Ground Beef



Mirepoix



Zucchini



Sweet Bell Pepper



Green Onion



Seasoned Salt



Crushed Tomatoes



Beef Broth Concentrate



Cheddar Cheese, shredded



Cream

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
Sweet Bell Pepper	160 g	320 g
Green Onion	2	2
Seasoned Salt	½ tbsp	1 tbsp
Crushed Tomatoes	370 ml	796 ml
Beef Broth Concentrate	1	2
Cheddar Cheese, shredded	¼ cup	½ cup
Cream	56 ml	113 ml
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.
- Core, then cut **pepper** into ½-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 **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**, **peppers** and **seasoned salt** to the pot with **beef**.
- Season with **pepper**, then stir to combine.



4 Finish soup

- Add **crushed tomatoes**, **broth concentrate**, **cream** and **1 ¼ cups 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 **cheese** and **green onions** over top.

Dinner Solved!