



Carb Smart Cheeseburger Soup

with Cheddar and Veggies

Carb Smart

30 Minutes



Ground Beef



Yellow Onion



Zucchini



Sweet Bell Pepper



Green Onion



Seasoned Salt



Crushed Tomatoes



Beef Broth Concentrate



Cheddar Cheese, shredded



Cream



Carrot

HELLO ZUCCHINI

This versatile squash also goes by the name courgette!

Start here

Before starting, wash and dry all produce.

Bust out

Vegetable peeler, measuring spoons, measuring cups, large pot

Ingredients

| | 2 Person | 4 Person |
|--------------------------|----------|----------|
| Ground Beef | 250 g | 500 g |
| Yellow Onion | 56 g | 113 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 |
| Carrot | 85 g | 170 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.

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Prep

- Cut **zucchini** into ½-inch pieces.
- Core, then cut **pepper** into ½-inch pieces.
- Thinly slice **green onions**.
- Peel, then cut **half the carrot** into ¼-inch pieces (whole carrot for 4 ppl).
- Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl).



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!)



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 add **onions** and **carrots**. Cook, stirring occasionally, until no pink remains in **beef**, 4-5 min. **
- Carefully drain and discard excess fat.



Finish and serve

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

Dinner Solved!



Start soup

- Add **zucchini, peppers** and **seasoned salt** to the pot with **beef**.
- Season with **pepper**, then stir to combine.