



# Carb Smart Cheeseburger Soup

with Cheddar and Veggies

Smart Meal

25 Minutes

Customized Protein

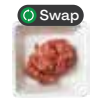
+ Add

Swap

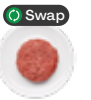
or

\*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Ground Turkey  
250 g | 500 g



Beyond Meat®  
2 | 4



Ground Beef  
250 g | 500 g



Yellow Onion  
½ | 1



Carrot  
½ | 1



Green Bell  
Pepper  
1 | 2



Crushed  
Tomatoes with  
Garlic and Onion  
1 | 2



Beef Broth  
Concentrate  
1 | 2



Cheddar Cheese,  
shredded  
½ cup | ½ cup



Cream  
56 ml | 113 ml



BBQ Seasoning  
1 tbsp | 2 tbsp



Green Onion  
1 | 2

**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.

**Pantry items** | Oil, salt, pepper

**Cooking utensils** | Vegetable peeler, measuring spoons, measuring cups, large pot

1



## Prep

- Before starting, wash and dry all produce.

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

4



## Finish soup

- Add **crushed tomatoes**, **broth concentrate**, **cream** and **1 ¼ cups** (2 ½ cups) **water**.
- 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, reduce heat to medium-low and keep soup simmering on the stove for longer. It gets better the longer it cooks!)
- Remove from heat, then season with **salt** and **pepper**.

2



## Cook beef

Swap | **Ground Turkey**

Swap | **Beyond Meat®**

- Heat a large pot over medium-high heat.
- When the pot is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **beef**.
- Break up **beef** into smaller pieces, then add **yellow onions** and **carrots**.
- Cook, stirring occasionally, until no pink remains in **beef**, 4-5 min.\*\*
- Carefully drain and discard excess fat.

5



## Finish and serve

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

3



## Start soup

- Add **peppers** and **BBQ Seasoning** to the pot with **beef**.
- Season with **pepper**, then stir to combine.

Measurements  
within steps

1 **tbsp** (2 **tbsp**) **oil**  
2 person 4 person Ingredient

## 2 | Cook turkey

Swap | **Ground Turkey**

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **beef**\*\*.

## 2 | Cook Beyond Meat®

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prepare, cook and plate it the same way as the **beef**, until cooked through, 5-6 min.\*\*

\*\* Cook beef, turkey and Beyond Meat® to a minimum internal temperature of 74°C/165°F.



Issue with your meal? Scan the QR code to share your feedback.