



# 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)

Swap



Ground Pork  
250 g | 500 g

Swap



Plant-Based Protein Shreds  
200 g | 400 g



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  
¼ 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**, to taste.

2



## Cook beef

Swap | **Ground Pork**

Swap | **Protein Shreds**

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

3



## Start soup

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

5



## Finish and serve

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

Measurements  
within steps

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

## 2 | Cook pork

Swap | **Ground Pork**

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

## 2 | Cook plant-based protein shreds

Swap | **Protein Shreds**

If you've opted to get **protein shreds**, cook and plate in the same way the recipe instructs you to cook and plate the **beef**, tossing occasionally until cooked through, 6-8 min.\*\* No need to drain excess fat.

\*\* Cook beef, pork and protein shreds to a minimum internal temperature of 74°C/165°F.



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