



Hearty Beef and Leek Soup

with Herby Brown Rice

FAMILY 35 Minutes



Beef Strips



Baby Spinach



Mirepoix



Leek, sliced



Garlic



Parsley



All-Purpose Flour



Beef Broth Concentrate



Sour Cream



Brown Rice



Dried Thyme



Tomato Sauce



Worcestershire Sauce

HELLO SOUR CREAM

A dollop and swirl of sour cream adds a creamy tartness to the soup.

Start Strong

Before starting, wash and dry all produce.

Bust Out

Large Bowl, Paper Towels, Strainer, Garlic Press, Measuring Cups, Large Pot, Measuring Spoons, Medium Pot

Ingredients

	4 Person
Beef Strips	570 g
Baby Spinach	113 g
Mirepoix	227 g
Leek, sliced	113 g
Garlic	12 g
Parsley	14 g
All-Purpose Flour	2 tbsp
Beef Broth Concentrate	2
Sour Cream	9 tbsp
Brown Rice	1 ½ cup
Dried Thyme	1 tsp
Tomato Sauce	2 tbsp
Worcestershire Sauce	1 tbsp
Oil*	
Salt and Pepper*	

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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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1. COOK RICE

Using a strainer, rinse **rice**. Combine **rice** with **2 ¼ cups water** in a medium pot. Bring to a boil over high heat, then reduce the heat to medium-low. Cover and simmer, until **rice** is tender, 25-26 min. Remove the pot from heat and let stand, 2-3 min. Drain any **excess water**.



4. COOK VEGGIES

Add **1 tbsp oil** to the same pot, then the **mirepoix, leeks, thyme** and **garlic**. Cook, stirring occasionally, until tender-crisp, 3-4 min. Return the **beef** and any **juices** from the plate. Sprinkle over **flour** and stir in **tomato sauce**. Cook, stirring often, until **flour** coats **veggies** and **beef**, 1-2 min.



2. PREP

While **rice** cooks, roughly chop **parsley**. Peel, then mince or grate **garlic**. Pat **beef** dry with paper towels, then cut into 1-inch pieces.



5. FINISH STEW

Add **broth concentrates, Worcestershire sauce** and **4 cups water** to the pot. Stir together. Bring to a boil over high heat. Reduce heat to medium. Cook, stirring occasionally, until the **mixture** thickens and **veggies** are cooked through, 10-12 min. Remove pot from heat. Add **spinach, sour cream** and **half the parsley**. Stir together, until **spinach** wilts, 1-2 min.



3. START STEW

Heat a large pot over medium-high heat. When hot, add **1 tbsp oil**, then **beef**. Cook, stirring often, until browned and cooked through, 4-5 min.** Season with **salt** and **pepper**. Transfer **cooked beef** to a large bowl. Set aside.



6. FINISH AND SERVE

Fluff the **rice** with a fork, then season with **salt**. Divide **rice** between bowls. Top with **beef** and **leek soup**. Sprinkle over **remaining parsley**.

Dinner Solved!