



Homestyle Turkey and Dumpling Soup

with Garden Vegetables

Quick

25 Minutes



Ground Turkey



Mirepoix



Corn Kernels



Green Beans



Chicken Stock Powder



Garlic Salt



Parsley



All-Purpose Flour



Baking Powder



Cream Sauce Blend



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HELLO DROP DUMPLINGS

Soup drop dumplings have a springy, bouncy texture.

Start here

Before starting, wash and dry all produce.

Bust out

Medium bowl, measuring spoons, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Mirepoix	113 g	227 g
Corn Kernels	113 g	227 g
Green Beans	170 g	340 g
Chicken Stock Powder	2 tbsp	4 tbsp
Garlic Salt	1 tsp	2 tsp
Parsley	7 g	14 g
All-Purpose Flour	8 tbsp	16 tbsp
Baking Powder	1 tsp	2 tsp
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Butter*	2 tbsp	4 tbsp
Milk*	¼ cup	½ cup
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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Start dumpling dough

- Heat a large pot over medium-high heat.
- While the pot heats, stir together **flour**, **baking powder** and **¼ tsp garlic salt** (dbl for 4 ppl) in a medium bowl.
- When the pot is hot, add **2 tbsp butter** (dbl for 4 ppl), then swirl the pot until melted.
- Transfer **half the melted butter** to the bowl with **flour mixture**. (NOTE: Don't stir. Mixture will be combined in step 3.)



Cook dumplings

- When **soup** is boiling, reduce heat to medium.
- Using 2 spoons, carefully form and drop **6 spoonfuls** (12 for 4 ppl) of **dumpling dough** into the pot, without stirring.
- Cover and cook, stirring gently occasionally, until **dumplings** are cooked through, 10-12 min. (TIP: Check the doneness of the dumplings by cutting one in half.)



Start soup

- Return the pot with **remaining butter** to medium-high.
- Add **mirepoix** and **turkey** to the pot. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min. ** Season with **pepper** and **remaining garlic salt**.
- Sprinkle **Cream Sauce Spice Blend** over **mirepoix and turkey**. Cook, stirring often, until coated, 30 sec.
- Stir in **stock powder** and **3 cups water** (dbl for 4 ppl). Cover and bring to a gentle boil.



Finish soup

- Meanwhile, trim **green beans**, then cut into 1-inch pieces.
- When **dumplings** are halfway done, add **green beans** and **corn** to **soup**. Continue cooking until **veggies** are tender, 5-6 min.
- Season with **pepper**, to taste.



Finish dumpling dough

- Meanwhile, thinly slice **parsley stems** and finely chop **leaves**, keeping stems and leaves separate.
- Add **parsley stems**, **half the parsley leaves** and **¼ cup milk** (dbl for 4 ppl) to the bowl with **flour and butter**. Stir until **flour** is just combined. (TIP: Some lumps are okay. Over mixing will produce tough dumplings.)



Finish and serve

- Divide **dumpling soup** between bowls.
- Sprinkle **remaining parsley leaves** over top.

Dinner Solved!