



Minestrone Tortellini Stew

with Cheesy Croutons

Veggie 30 Minutes



Cheese Tortellini



Crushed Tomatoes



Italian Seasoning



Carrot



Vegetable Broth Concentrate



Garlic



Ciabatta Roll



Parmesan Cheese



Tomato Sauce



Onion, chopped



Green Beans

HELLO MINISTRONE

Bountiful veggie soup with Italian origins!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust Out

Baking sheet, vegetable peeler, measuring spoons, parchment paper, measuring cups, large pot

Ingredients

	2 Person	4 Person
Cheese Tortellini	350 g	700 g
Crushed Tomatoes	370 ml	740 ml
Italian Seasoning	1 tbsp	2 tbsp
Carrot	170 g	340 g
Vegetable Broth Concentrate	2	4
Garlic	6 g	12 g
Ciabatta Roll	1	2
Parmesan Cheese	¼ cup	½ cup
Tomato Sauce	2 tbsp	4 tbsp
Onion, chopped	56 g	113 g
Green Beans	170 g	340 g
Sugar*	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

* Pantry items

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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Prep

Peel, then cut **carrot** into ¼-inch pieces. Trim **green beans**, then cut into 1-inch pieces. Peel, then mince or grate **garlic**.



Start minestrone

Heat a large pot over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **onions, carrots, green beans** and **1 tsp sugar** (dbl for 4 ppl). Season with **salt** and **pepper**. Cook, stirring often, scraping any **browned bits** from the bottom of the pot, until **carrots** are tender-crisp, 4-5 min.



Cook minestrone

Add **garlic** and **tomato sauce** to the pot with the **veggies**. Cook, stirring often, until fragrant, 1 min. Add **Italian Seasoning, broth concentrates, crushed tomatoes** and **3 cups water** (dbl for 4 ppl). Stir to combine. Cover and bring to a boil over high heat.



Add tortellini

Once boiling, add **tortellini** to the pot, then reduce heat to medium. Cook, still covered, stirring occasionally, scraping up any **browned bits** from the bottom of the pot, until **tortellini** is tender, 4-5 min. Season with **salt** and **pepper**.



Make croutons

While the **soup** cooks, cut **ciabatta** into 1-inch pieces. Toss **ciabatta** with ½ **tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Sprinkle **half the Parmesan** over top. Toast in the **middle** of the oven, stirring halfway through cooking, until lightly golden, 5-6 min.



Finish and serve

Divide the **tortellini minestrone** between bowls. Top with the **cheesy croutons** and **remaining Parmesan**.

Dinner Solved!