



20-Minute Creamy Spring Vegetable Chowder

with Toasted Bread Sticks



under 20min



2 Servings

Hearty and filling, soup is comfort in a bowl. This chowder features lively spring veggies like asparagus and sweet peas mixed with protein-packed mixed beans. We serve this cozy bowl with crusty bread sticks for soaking up all the creamy chowder goodness.

What we send

- ½ lb asparagus
- 1 oz scallions
- 1 ciabatta roll ¹
- 1 pkt vegetable broth concentrate
- 1 can Italian beans
- 2½ oz peas
- 3 oz mascarpone cheese ⁷
- ¼ oz fresh dill

What you need

- olive oil
- kosher salt & pepper
- white wine vinegar (or apple cider vinegar) ¹⁷

Tools

- medium Dutch oven or pot with lid

Allergens

Wheat (1), Milk (7), Sulphites (17).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 640kcal, Fat 29g, Carbs 72g, Proteins 27g



1. Prep vegetables

Preheat oven to 450°F with a rack in the center. Trim woody ends from **asparagus**, then cut into 1-inch pieces. Trim **scallions**, then thinly slice.



4. Start soup

Add **vegetable broth concentrate**, **beans and their liquid**, and **1½ cups water** to pot. Season with **salt** and **pepper**. Bring to a boil over high heat, then add **peas** and **asparagus**, and cook over medium-high just until veggies are bright green and crisp-tender, 3-4 minutes.



2. Prep bread sticks

Split **ciabatta roll** horizontally, then brush lightly with **oil** all over. Cut into 1-inch sticks. Transfer to a sheet of foil and sprinkle with **salt**.



5. Toast bread sticks

Meanwhile, set foil with **bread sticks** directly on center oven rack and toast until golden and crisp, 5-6 minutes (watch closely as ovens vary).



3. Sauté aromatics

Heat **1 tablespoon oil** in a medium Dutch oven or pot with a lid over medium-high. Add **¾ of the scallions** and cook until softened, 1 minute.



6. Finish soup & serve

Stir **mascarpone** and **1½ teaspoons vinegar** into pot with **soup**. Season to taste with **salt** and **pepper**. Pick **2 tablespoons dill fronds** from stems; stir **half of the dill** into soup. Serve **vegetable chowder** garnished with **remaining dill and scallions**, and **bread sticks** alongside. Enjoy!