



Turkey Meatball Soup

with Tuscan Kale & Brown Rice

 1h  2 Servings

This nourishing soup boasts one of our favorite leafy greens, Tuscan kale. It's both delicious and packed with vitamins. Hearty brown rice and flavorful turkey meatballs simmer along with the kale in a tomato-based broth. The result is a no-fuss, one-pot soup that's sure to fill you up.

What we send

- ¼ oz fresh parsley
- garlic
- 1 yellow onion
- 14½ oz whole peeled tomatoes
- 1 bunch Tuscan kale
- 10 oz pkg ground turkey
- 1 oz panko ²
- ¼ oz poultry seasoning
- 2 pkts turkey broth concentrate
- 5 oz brown rice

What you need

- 1 large egg ¹
- kosher salt & ground pepper
- olive oil

Tools

- medium Dutch oven or pot

Allergens

Egg (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 790kcal, Fat 25g, Carbs 95g, Protein 45g



1. Prep ingredients

Finely chop **parsley leaves and stems**. Finely chop **2 teaspoons garlic**. Coarsely chop **onion**.

Use kitchen shears to cut **tomatoes** in can until finely chopped. Remove and discard tough center stems from **half of the kale** (save rest for own use); stack leaves and cut or tear into 1-inch pieces.



4. Make broth

Add **all of the broth concentrate, tomatoes, 4 cups water**, and **1 teaspoon salt** to pot; season with **pepper**. Bring to a boil over high heat.

Stir in **rice** and **kale**. Return to a boil.



2. Prep turkey meatballs

In a medium bowl, stir to combine **turkey, panko, 1 large egg, half of the parsley, 1½ teaspoons poultry seasoning, 1 teaspoon each of salt and chopped garlic**, and **a few grinds of pepper**.



5. Simmer turkey meatballs

Reduce heat to medium. Use **lightly oiled** hands to pinch golf ball-sized pieces of **meatball mixture** (about 1 heaping tablespoon), roll to form a ball and drop into **broth**.

Simmer soup, stirring once or twice to gently turn **meatballs**, until **rice** is tender and meatballs are cooked through, 20-25 minutes.



3. Sauté aromatics

Heat **1 tablespoon oil** in a medium Dutch oven or pot over medium-high. Add **onions** and season with **salt** and **pepper**.

Cook, stirring, until slightly softened and golden, 2-3 minutes. Add **remaining chopped garlic and parsley**; cook until fragrant, about 1 minute.



6. Finish & serve

Ladle **soup** and **meatballs** into deep serving bowls. Enjoy!