

DINNERLY



Restorative Italian Wedding Soup with Kale:

Developed by Our Registered Dietitian



20-30min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. This warming soup is famous for a reason: hearty meatballs, filling couscous, and an ultra-flavorful broth. Lucky for you, our ready to heat meatballs cut down on prep time without cutting the nutrition! Beef and leafy kale give you a good dose of iron to help you take on the day. We've got you covered! **334**

WHAT WE SEND

- 1 yellow onion
- ½ lb pkg ready to heat beef meatballs
- ¼ oz Italian seasoning
- 1 pkt beef broth concentrate
- 3 oz Israeli couscous ¹
- 1 bunch curly kale

WHAT YOU NEED

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

TOOLS

- medium pot

ALLERGENS

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

NUTRITION PER SERVING

Calories 680kcal, Fat 38g, Carbs 79g, Protein 27g



1. Cook meatballs & onions

Finely chop **onion**. Heat **1 tablespoon oil** in a medium pot over medium-high. Add **meatballs** and cook, stirring occasionally, until browned all over, 2–3 minutes. Add onions; cook, stirring, until softened, 3–5 minutes.

Meanwhile, finely chop **2 teaspoons garlic**.



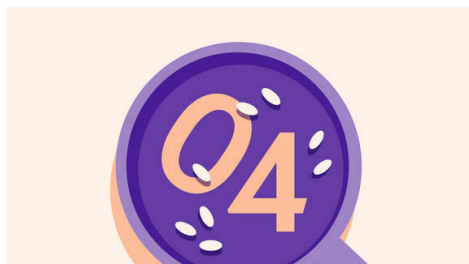
2. Add aromatics & broth

To pot with **meatballs**, add **chopped garlic** and **1 tablespoon of the Italian seasoning**; cook, stirring, until fragrant, about 1 minute. Stir in **4 cups water**, **broth concentrate**, **1 teaspoon salt**, and **½ teaspoon vinegar**; bring to a boil over high heat.



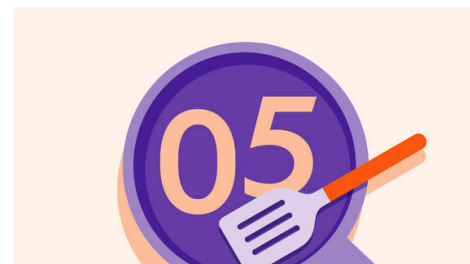
3. Add couscous

Stir **couscous** into soup, then reduce heat to medium-low. Simmer until couscous is tender, 10–15 minutes.



4. Prep kale

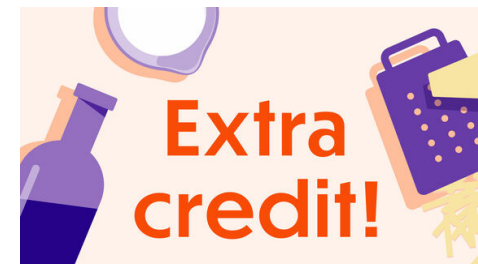
While **soup** simmers, strip **half of the kale leaves** from tough stems (save remaining kale for own use); discard stems. Tear or chop leaves into bite-sized pieces.



5. Add kale & serve

Stir **kale** into soup and simmer until wilted and softened, about 5 minutes more.

Season **Italian wedding soup** to taste with **salt** and **pepper** and serve. Enjoy!



6. Kale hack!

Here's a quick way to strip kale leaves from the stems: Hold the end of the stem in one hand and squeeze your other hand or a few fingers around the base of the leaf. Pull your hand up the stem to tear the leaf off.