



Fast! Italian Wedding Soup

with Meatballs, Orzo & Pesto



ca. 20min



2 Servings

This classic soup gets its name from the Italian phrase "minestra maritata," which means "married soup," a reference to the union of flavors. For this 30-minute meal, we're eloping! The meatballs simmer with spinach, aromatics, and orzo in broth. The result is a no-fuss, one-pot soup that ticks all the boxes.

What we send

- garlic
- 1 carrot
- 4 oz snap peas
- 10 oz pkg grass-fed ground beef
- 1 oz panko ¹
- 1 pkt turkey broth concentrate
- 3 oz orzo ¹
- 5 oz baby spinach
- ¾ oz Parmesan ⁷
- 2 oz basil pesto ⁷

What you need

- olive oil
- kosher salt & ground pepper
- large egg ³

Tools

- medium pot
- microplane or grater

Allergens

Wheat (1), Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 830kcal, Fat 39g, Carbs 60g, Protein 48g



1. Prep ingredients

Finely chop **1 teaspoon garlic**. Scrub **carrot**, halve lengthwise, and cut into ½-inch half-moons. Thinly slice **snap peas** lengthwise.

In a medium bowl, add **beef**, **1 large egg**, **¼ cup panko**, **½ teaspoon salt**, and **several grinds of pepper**. Knead gently to combine. Shape into 8 meatballs.



4. Add spinach & snap peas

Uncover pot, then stir in **spinach** and **snap peas**. Cook until spinach is wilted and snap peas are crisp-tender, about 2 minutes. Season **soup** to taste with **salt** and **pepper**.



2. Brown meatballs

Heat **1 tablespoon oil** in a medium pot over medium-high. Add **meatballs** and cook, turning occasionally, until browned, 3-5 minutes. Add **carrots** and **garlic** and cook, stirring, until garlic is fragrant and carrots are slightly softened, about 1 minute.



5. Finish

Finely grate **Parmesan**. Spoon **soup** into bowls. Garnish **soup** with **Parmesan** and **pesto** just before serving.



3. Start soup & cook orzo

To pot with **carrots and meatballs**, stir in **broth concentrate** and **3 cups water**, scraping up any browned bits from bottom of pot. Bring to a boil. Stir **orzo** into **soup**. Cover and reduce heat to a simmer. Cook until orzo is tender and meatballs are cooked through, 8-10 minutes.



6. Serve

Enjoy!