



Beef Meatball Soup

with Tuscan Kale & Brown Rice



30-40min



2 Servings

This nourishing soup boasts one of our favorite leafy greens, Tuscan kale. It's both delicious and packed with vitamins. Hearty quick-cooking brown rice and flavorful beef 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 grass-fed ground beef
- 1 oz panko ¹
- ¼ oz poultry seasoning
- 2 pkts beef broth concentrate
- 5 oz quick-cooking brown rice

What you need

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

Tools

- medium Dutch oven or pot

Allergens

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

Nutrition per serving

Calories 880kcal, Fat 29g, Carbs 97g, 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 beef meatballs

In a medium bowl, stir to combine **beef, 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 beef 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!