



Tuscan Kale Soup with Ready to Heat Meatballs

& 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 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
- ½ lb pkg ready to heat beef meatballs
- 2 pkts beef broth concentrate
- 5 oz quick-cooking brown rice

What you need

- kosher salt & ground pepper
- olive oil

Tools

- medium Dutch oven or pot

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 840kcal, Fat 40g, Carbs 114g, Protein 28g



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. Simmer soup

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



2. 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 **chopped garlic and parsley**; cook until fragrant, about 1 minute.



5. Finish & serve

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



3. 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.



6. Rate your plate!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.