



Meatball & Cannellini Bean Stew

with Spinach, Parmesan & Pesto



20-30min



2 Servings

This warm and hearty bowl features the best of Italian flavors—but without any carb-heavy pasta! Garlicky beef meatballs brown and simmer in marinara sauce along with cannellini beans, baby spinach, and Parmesan. The flavors meld together before we top it off with a jolt of vibrant basil pesto, creating an original dish with traditional flavors.

What we send

- garlic
- 15 oz can cannellini beans
- $\frac{3}{4}$ oz Parmesan ⁷
- 10 oz pkg grass-fed ground beef
- 1 oz panko ¹
- 8 oz marinara sauce
- 5 oz baby spinach
- 2 oz basil pesto ⁷

What you need

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

Tools

- microplane or grater
- medium nonstick skillet

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 840kcal, Fat 46g, Carbs 45g, Protein 49g



1. Prep ingredients

Finely chop **2 teaspoons garlic**.

Drain and rinse **beans** under cold water.

Finely grate **Parmesan**.



4. Cook meatballs

Heat **1 tablespoon oil** in same skillet over medium-high. Add **meatballs** and cook, turning as they brown, until seared, 6-8 minutes. Drain excess oil and reduce heat to medium; add **marinara** and **$\frac{1}{4}$ cup water**. Simmer, turning meatballs every minute or so, until cooked through, 3-5 minutes. Transfer meatballs to a plate and cover to keep warm.



2. Make meatballs

In a medium bowl, combine **ground beef, garlic, $\frac{1}{4}$ cup panko, 1 large egg, 1 teaspoon salt, and a few grinds of pepper**. Mix until fully combined. Roll into 8 meatballs, about 2 tablespoons each.



5. Simmer beans & spinach

Add **beans, half of the Parmesan, and $\frac{1}{4}$ cup water** to **marinara sauce**. Bring to a simmer. Add **spinach** and cook, stirring, until wilted. Season to taste with **salt** and **pepper**.



3. Toast panko

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **remaining panko** and cook, stirring occasionally, until toasted, 3-5 minutes. Transfer to a bowl.



6. Finish & serve

Spoon **beans, spinach, and marinara** into shallow bowls. Top with **meatballs** and drizzle **pesto** over top.

Serve **meatball and cannellini bean stew** garnished with **toasted panko** and **remaining Parmesan**. Enjoy!