



## Mini Chicken Meatballs & Escarole

in Brodo with Garlic Crostini



20-30min



2 Servings

Escarole is a leafy green that is part of the chicory family, which means it's related to endive and radicchio. There is a slight bitterness that comes with escarole's broad leaves, but it's tamed when cooked down and is the perfect veggie to pair with rich broths and flavorful meats, such as this chicken meatball soup! Warming and flavorful, this hearty soup is spot on, with garlic crostini on the side for dipping.



## What we send

- 1 yellow onion
- garlic
- 1 head escarole
- 3 oz carrots
- 10 oz pkg ground chicken
- 1 oz panko <sup>3</sup>
- 2 pkts turkey broth concentrate
- 2 ciabatta rolls <sup>2,3</sup>
- ¼ oz fresh parsley
- ¾ oz Parmesan <sup>1</sup>

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- medium Dutch oven or pot
- microplane or grater

## Allergens

Milk (1), Soy (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 620kcal, Fat 17g, Carbs 71g, Protein 46g



### 1. Prep ingredients

Coarsely chop **onion**. Thinly slice **1 large garlic clove**; reserve 1 whole garlic clove for step 5. Halve **escarole** lengthwise and rinse well under running water to remove any grit; cut crosswise into ½-inch thick pieces. Scrub and trim **carrot**, then halve lengthwise and thinly slice crosswise into half moons.



### 2. Make meatballs

In a medium bowl, combine **ground chicken**, **panko**, **½ teaspoon salt**, and **a few grinds of pepper**. Form mixture into 16 equal-sized mini meatballs. Heat **1 tablespoon oil** in a medium Dutch oven or pot over medium-high. Add meatballs; cook, stirring occasionally, until browned but not cooked through, 4-5 minutes. Use a slotted spoon to transfer to a plate.



### 3. Start soup

Add **carrots**, **onions**, and **a pinch each of salt and pepper** to same pot. Cook, stirring occasionally, over medium-high until vegetables are slightly softened and golden brown, 5-7 minutes. Add **sliced garlic** and **escarole** in large handfuls. Cook until escarole is wilted, about 3 minutes.



### 4. Simmer soup

Add **all of the turkey broth concentrate**, **meatballs and any resting juices**, **3 cups water**, and **a pinch each of salt and pepper** to **soup** in pot. Bring to a boil, then reduce heat to medium. Simmer, covered, until meatballs are tender and cooked through, 7-10 minutes. Season to taste with **salt and pepper**.



### 5. Make garlic bread

Preheat broiler with a rack in the top position.

Split **ciabatta rolls** and drizzle cut sides with **oil**; season with **salt and pepper**. Broil on top oven rack until golden brown and toasted, 1-2 minutes per side (watch closely as broilers vary). Carefully, remove rolls from oven and rub **oiled** sides with **reserved whole garlic clove**. Cut ciabatta into large slices.



### 6. Prep topping & serve

Coarsely chop **parsley leaves and stems**. Finely grate **Parmesan**. Stir half of the parsley into **soup**. Season to taste with **salt and pepper**. Serve **mini chicken meatball soup** drizzled with **oil** and sprinkled with **Parmesan** and **remaining parsley**. Serve **garlicky ciabatta** alongside. Enjoy!