



## Mini Meatball Chicken Sausage Soup

with Escarole & Garlicky Ciabatta



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. It is the perfect addition to this chicken sausage meatball soup!



## What we send

- 1 medium yellow onion
- garlic (use 2 large cloves)
- 10 oz escarole
- 1 carrot
- 1 pkg chicken sausage
- 1 oz panko <sup>1</sup>
- 1 pkt chicken broth concentrate
- 2 ciabatta rolls <sup>1</sup>
- ¼ oz fresh parsley
- ¾ oz piece Parmesan <sup>7</sup>

## What you need

- kosher salt & pepper
- olive oil

## Tools

- medium Dutch oven or pot with lid
- microplane or grater

## Allergens

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

## Nutrition per serving

Calories 690kcal, Fat 25g, Carbs 78g, Protein 39g



### 1. Prep ingredients

Peel and roughly chop **onion**. Peel **2 large garlic cloves**; thinly slice 1 clove and set remaining whole clove aside 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

Remove **sausage** from casing, if necessary. In a medium bowl, combine **sausage, panko, ½ teaspoon salt, and a few grinds pepper**. Form mixture into 16 mini meatballs. Heat **1 tablespoon oil** in a medium Dutch oven or pot with a lid 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. Preheat broiler with top rack 6 inches from heat source.



### 4. Simmer soup

Add **chicken broth concentrate, meatballs and any 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, and simmer, covered, until meatballs are tender and cooked through, 7-10 minutes. Season to taste with **salt and pepper**.



### 5. Make garlic bread

Meanwhile, split **ciabatta rolls**, if necessary. Drizzle cut sides with **oil**, then season with **salt and pepper**. Broil directly on top oven rack until golden-brown and toasted, 1-2 minutes per side (watch closely). Carefully, remove ciabatta from oven and rub **oiled** sides with **remaining whole garlic clove**. Cut ciabatta into large slices.



### 6. Prep topping & serve

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