



Smart Rustic Turkey Meatball Soup

with Parmesan Toast Soldiers

Carb Smart Calorie Smart 35 Minutes



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CUSTOM RECIPE
This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

- Ground Turkey
- Double Ground Turkey
- Italian Breadcrumbs
- Mirepoix
- Parmesan Cheese, shredded
- Mushrooms
- Zucchini
- Chicken Stock Powder
- Ciabatta Roll
- Garlic, cloves

HELLO ZUCCHINI

This versatile squash also goes by the name courgette!

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, medium bowl, measuring spoons, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Double Ground Turkey	500 g	1000 g
Italian Breadcrumbs	2 tbsp	4 tbsp
Mirepoix	227 g	454 g
Parmesan Cheese, shredded	¼ cup	½ cup
Mushrooms	113 g	227 g
Zucchini	200 g	400 g
Chicken Stock Powder	2 tbsp	4 tbsp
Ciabatta Roll	1	2
Garlic, cloves	1	2
Unsalted Butter*	1 ½ tbsp	3 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



Prep

- Peel, then mince or grate **garlic**.
- Thinly slice **mushrooms**.
- Halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Add **turkey, breadcrumbs, half the garlic, ¼ tsp (½ tsp) salt** and **half the Parmesan** to a medium bowl. Season with **pepper**, then combine.

If you've opted for **double the turkey**, add an **extra ¼ tsp (½ tsp) salt** to the **turkey mixture**.



Toast ciabatta

- When **soup** is almost done, halve **ciabatta**.
- Arrange on an unlined baking sheet, cut-side up.
- Drizzle with ½ **tbsp** (1 **tbsp**) **oil**, then sprinkle **remaining Parmesan** over top. Season with **salt** and **pepper**.
- Broil in the **top** of the oven until golden-brown, 1-2 min. (**TIP**: Keep an eye on ciabatta so they don't burn!)



Sauté veggies

- Heat a large pot over medium heat.
- When hot, add **1 ½ tbsp** (3 **tbsp**) **butter**, then swirl the pot until melted.
- Add **mirepoix** and **mushrooms**. Cook, stirring occasionally, until slightly softened, 3-4 min.
- Add **remaining garlic**, then season with **pepper**. Cook, stirring often, until fragrant, 30 sec.
- Stir in **stock powder** and **3 cups** (5 ¼ cups) **water**. Bring to a simmer over medium-high.

For **double turkey**, add an **extra 1 cup** (1 ½ cups) **water** to the **veggies**.



Finish toast soldiers and soup

- Cut **ciabatta** into 1-inch-thick strips.
- When **meatballs** are done, season with **salt** and **pepper**, to taste.



Cook meatballs

- Once **soup** is simmering, using 2 spoons, gently drop **1 tbsp turkey mixture** at a time into **soup**. (**NOTE**: You should have 10 meatballs for 2 ppl; 20 meatballs for 4 ppl). Bring back to a simmer.
- Once simmering, add **zucchini**, then reduce heat to medium. Cover and cook, stirring occasionally, until **veggies** are tender and **meatballs** are cooked through, 8-10 min.**

Cook **double turkey** in the same way the recipe instructs you to prepare and cook the **regular portion of turkey**. You should have **20 meatballs** for 2 ppl (40 meatballs for 4 ppl).



Finish and serve

- Divide **soup** between bowls.
- Serve **Parmesan toast soldiers** alongside for dipping.

Dinner Solved!



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