



Smart Turkey Meatball and Veggie Soup with Buttered Toasts

Calorie Smart

Carb Smart

30 Minutes



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Ground Turkey



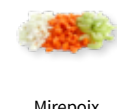
Double Ground Turkey



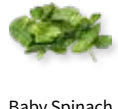
Ciabatta Roll



Sweet Bell Pepper



Mirepoix



Baby Spinach



Garlic, cloves



Italian Breadcrumbs



Marinara Sauce



Italian Seasoning



Chicken Stock Powder

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!

HELLO GROUND TURKEY

Using this delicious protein is a great way to lower saturated fats in a dinner!

Start here

- Before starting, remove 1 tbsp (2 tbsp) butter from the fridge and set aside to come up to room temperature.
- Preheat the oven to 450°F.
- Wash and dry all produce.

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

Bust out

2 Baking sheets, measuring spoons, large bowl, parchment paper, small bowl, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Double Ground Turkey	500 g	1000 g
Ciabatta Roll	1	2
Sweet Bell Pepper	160 g	320 g
Mirepoix	113 g	227 g
Baby Spinach	28 g	56 g
Garlic, cloves	1	2
Italian Breadcrumbs	¼ cup	½ cup
Marinara Sauce	½ cup	1 cup
Italian Seasoning	1 tbsp	2 tbsp
Chicken Stock Powder	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 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.



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Prep

- Roughly chop **spinach**
- Core, then cut **pepper** into ¼-inch pieces.
- Peel, then mince or grate **garlic**.



Form meatballs

- Combine **turkey, breadcrumbs, half the stock powder, half the Italian Seasoning** and ⅛ **tsp** (¼ **tsp**) **salt** in a large bowl. Season with **pepper**. Mix thoroughly to combine.
- Line a baking sheet with parchment paper.
- Form **turkey mixture** into **10 equal-sized meatballs** (20 meatballs for 4 ppl) and arrange on the prepared baking sheet.

If you've opted for **double the turkey**, add an extra ¼ **tsp** (½ **tsp**) **salt** to the **turkey mixture**. Roll into **20 equal-sized meatballs** (40 meatballs for 4 ppl).



Roast meatballs

- Roast in the **middle** of the oven until golden-brown and cooked through, 12-14 min.**



Start soup

- Meanwhile, heat a large pot over medium heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **garlic, peppers** and **mirepoix**. Cook, stirring occasionally, until **veggies** begin to soften, 3-4 min. Season with **salt** and **pepper**.
- Add **marinara sauce, remaining Italian Seasoning, remaining stock powder** and **2 cups** (4 cups) **water**. Cover and bring to a boil over high. Once boiling, reduce heat to medium and cook uncovered, stirring occasionally, until **veggies** are tender, 5-6 min.



Make toasts

- Meanwhile, when **soup** is almost done, halve **ciabatta**. Arrange on an unlined baking sheet, cut-side up.
- Spread **1 tbsp** (2 **tbsp**) **softened butter** over **ciabatta**. Season with **salt** and **pepper**.
- Toast in the **bottom** of the oven until golden-brown, 3-4 min. (**TIP**: Keep an eye on toasts so they don't burn!). Let cool slightly, then carefully cut into triangles.



Finish and serve

- Add **spinach** and **meatballs** to **soup**. Cook until **spinach** is wilted, 1-2 min.
- Divide **soup** between bowls.
- Serve **buttered toasts** alongside.

Dinner Solved!