

Fo sku1108 web

## Turkey Meatball Soup

with Whole-Wheat Fusilli



30-40min



4 Servings

This nourishing soup boasts one of our favorite leafy greens, Swiss chard, known for being an excellent source of vitamins. Whole-wheat pasta and turkey meatballs simmered right in the broth make this a substantial cold-weather meal. A sprinkle of Parmesan at the very end adds an addictive nutty depth to every spoonful. Cook, relax, and enjoy!

## What we send

- large yellow onion
- carrots
- swiss chard
- large cloves garlic
- fresh oregano
- ground turkey
- packets turkey broth concentrate

## What you need

- black pepper
- coarse salt
- olive oil

## Tools

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

### Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 500.0kcal, Fat 14.5g, Proteins 44.1g, Carbs 43.2g



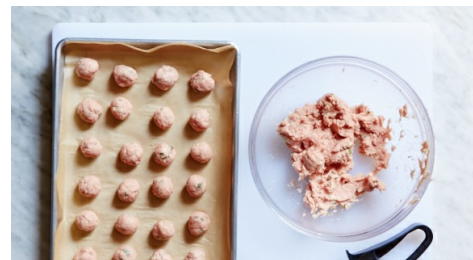
### 1. Prepare ingredients

Halve, peel, and finely chop onion. Peel and cut carrots on a diagonal into ¼-inch pieces. Cut Swiss chard in thirds lengthwise, then cut crosswise into 1-inch wide strips (including stems). Peel and finely chop garlic. Pick oregano leaves from ½ the stems and chop (reserve the rest for another use). Grate Parmesan.



### 4. Cook vegetables

Heat 2 tablespoons oil in a large pot over medium. Add onion, carrot, ¼ teaspoon salt, and a few grinds pepper. Cook, stirring occasionally, until softened, about 5 minutes. Add remaining garlic and cook until garlic is fragrant and onions are golden brown, 3-4 minutes.



### 2. Assemble meatballs

Bring a large pot of salted water to a boil. In a bowl, combine ground turkey, chopped oregano, half of the garlic, ¼ teaspoon salt, and a few grinds pepper. Roll turkey mixture into small balls (about 1 rounded teaspoon each). Set meatballs aside.



### 5. Cook meatballs

Add 6 cups water and turkey broth packets to the pot and bring to a boil. Add Swiss chard, season with salt and pepper, and cook until wilted, 2 minutes. Add meatballs, one by one. Reduce heat and simmer until meatballs are cooked through, 4-6 minutes. Gently stir halfway through, pushing meatballs into the broth.



### 3. Cook pasta

Add fusilli to boiling water and cook, stirring occasionally, until al dente, about 9 minutes. Drain and set aside.



### 6. Finish

Stir in fusilli and half of the Parmesan and cook until heated through, about 2 minutes. Divide among bowls and top with remaining Parmesan. Enjoy!