



# CHICKEN SAUSAGE MEATBALLS - DINNER MEATBALL MINISTRONE - LUNCH



**COOK IT ONCE, EAT IT TWICE**

Tonight's dinner extras transform into tomorrow's lunch.

**DINNER | TOTAL: 50 MIN | CALORIES: 680**

**LUNCH | TOTAL: 15 MIN | CALORIES: 370**

**INGREDIENTS FOR: 2-person | 4-person**



Yukon Gold Potatoes  
12 oz | 24 oz



Scallions  
2 | 4



Apple  
1 | 2



Sour Cream  
(Contains: Milk)  
4 TBSP | 8 TBSP



Shredded Red Cabbage  
4 oz | 8 oz



Tuscan Heat Spice  
1 TBSP | 2 TBSP



Cannellini Beans  
13.4 oz | 13.4 oz



Flour  
(Contains: Wheat)  
1 | 2



Yellow Onion  
1 | 2



Carrot  
1 | 1



Thyme  
¼ oz | ½ oz



Italian Chicken Sausage Mix  
18 oz | 27 oz



Red Wine Vinegar  
5 tsp | 10 tsp



Chicken Stock Concentrates  
4 | 5



Baby Spinach  
5 oz | 5 oz



**BUST OUT** • Peeler • Medium pot • Strainer • Potato masher • Baking sheet • Large pan • Medium bowl • Large pot • Zip-close bags  
• 2 Reusable containers • Whisk • Butter (3 TBSP | 6 TBSP) (Contains Milk) • Vegetable oil (6 tsp | 11 tsp) • Sugar (½ tsp | 1 tsp)

## DINNER



## 1 PREP

Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.** Dice **potatoes** into ½-inch cubes. Halve and peel **onion**; small-dice one half and thinly slice the other. Trim and thinly slice **scallions**, separating whites from greens. Peel and halve **carrot** lengthwise; cut crosswise into ¼-inch pieces. Halve, core, and thinly slice **apple**. Pick **1 tsp thyme leaves** from stems; leave remaining sprigs whole.



## 4 COOK CABBAGE AND APPLE

Heat a large drizzle of **oil** in a large pan over medium-high heat. Add **sliced onion** and **whole thyme sprigs** and cook, stirring, until softened, 3-5 minutes. Add **cabbage, apple**, and another drizzle of oil; season with **salt** and **pepper**. Cook, stirring, until softened, 3-5 minutes. Add **vinegar**, half the **scallion greens**, and ½ **tsp sugar** (to taste); cook for 1 minute. Discard thyme sprigs. Transfer to a medium bowl. Cover to keep warm.



## 2 COOK POTATOES

Place **potatoes** in a medium pot with enough **salted water** to cover by 1 inch. Bring to a boil and cook until tender, about 15 minutes. Drain and return to pot; mash until smooth. Stir in **sour cream** and **1 TBSP butter**; season with **salt** and **pepper**. Cover and keep warm until ready to serve.



## LUNCH

## 5 MAKE SOUP FOR LUNCH

Heat a large drizzle of **oil** in a large pot over medium-high heat. Add **diced onion, scallion whites, carrot**, and **Tuscan Heat Spice**. Cook, stirring, until softened, 3-4 minutes. Add **3 stock concentrates** and **3 cups water**. Bring to a boil, then stir in **beans** (and any liquid). Reduce heat to a simmer; season with **salt** and **pepper**. Stir in half the **meatballs**; simmer 2 minutes. Divide soup between 2 reusable containers. Divide **spinach** between plastic zip-close bags. When ready to eat, stir spinach into soup. Microwave on high for 3-5 minutes, or until heated through and spinach has wilted.



## 3 BAKE MEATBALLS

Using your hands, form **sausage** into small meatballs (about 16). (**TIP:** To prevent the meat from sticking to your hands, lightly dampen them with water.) Place meatballs on a lightly **oiled** baking sheet. Bake until browned and cooked through, 18-20 minutes.



## 6 FINISH AND SERVE DINNER

Rinse and wipe out pan used for cabbage. Melt **1 TBSP butter** in same pan over medium-high heat until melted. Stir in **flour** and cook until lightly browned, 1-2 minutes. Whisk in remaining **stock concentrate** and **1 cup water**. Cook until sauce is slightly thickened, 1-2 minutes. Stir in another 1 TBSP butter and reserved **1 tsp thyme leaves**. Divide **mashed potatoes** and **cabbage mixture** between plates. Top mashed potatoes with remaining **meatballs** and sauce. Garnish with remaining **scallion greens**.