



ONE-POT ITALIAN WEDDING SOUP

with Pork Meatballs and Kale



HELLO RICOTTA CHEESE

The secret to a bouncy, fluffy meatball

PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 621



Yellow Onion



Garlic



Panko Breadcrumbs
(Contains: Wheat)



Parmesan Cheese
(Contains: Milk)



Israeli Couscous
(Contains: Wheat)



Kale



Ricotta Cheese
(Contains: Milk)



Ground Pork



Italian Seasoning



Carrot



Chicken Stock Concentrates

START STRONG

As beautiful as a big, round meatball may be, we recommend keeping them on the small side for this recipe so that they'll fit perfectly in your spoon.

BUST OUT

- Peeler
- Large bowl
- Medium pot
- Olive oil (2 tsp)

INGREDIENTS

Ingredient 4-person

- | | |
|------------------------------|----------|
| • Yellow Onion | 1 |
| • Carrot | 1 |
| • Garlic | 2 Cloves |
| • Ground Pork | 16 oz |
| • Ricotta Cheese | ½ Cup |
| • Panko Breadcrumbs | 4 TBSP |
| • Italian Seasoning | 1 TBSP |
| • Chicken Stock Concentrates | 4 |
| • Israeli Couscous | 1 Cup |
| • Kale | 8 oz |
| • Parmesan Cheese | ¼ Cup |

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1 PREP Wash and dry all produce. Halve, peel, and chop **onion**. Peel **carrot**, then halve lengthwise. Slice into thin half-moons. Mince or grate **garlic**.



4 FORM MEATBALLS While soup simmers, form meatballs: shape **meatball mix** into round balls (use about a heaping TBSP for each). Repeat until all of mixture is used. **TIP:** Be gentle with the meat—overworking it will cause the meatballs to lose their fluffiness.



KIDS CAN HELP!



2 MAKE MEATBALL MIX Combine **pork**, ½ cup **ricotta cheese**, **panko**, ¼ tsp **salt**, half the **garlic**, and half the **Italian seasoning** in a large bowl. Gently mix just until blended.



5 FINISH SOUP Stir **couscous** into soup, then carefully drop in **meatballs**. Return to a simmer and cook until meatballs are no longer pink on outside, about 3 minutes. Add **kale**. Cook until leaves are tender and couscous is al dente, about 4 minutes. Season to taste with **salt** and **pepper**.



3 START SOUP Heat a large drizzle of **olive oil** in a medium pot over medium-high heat. Add **onion**, **carrot**, remaining **garlic**, remaining **Italian seasoning**, and a pinch of **salt** and **pepper**. Cook until softened, 3-5 minutes, stirring occasionally. Add **8 cups water** and **stock concentrates**. Bring to a boil, then reduce heat and let simmer.



6 FINISH AND SERVE Ladle **soup** into bowls. Sprinkle **Parmesan** over each bowl and serve.

LOVE IT!

Can you be soulmates with a soup?
We're starting to think you can.