



NO-TIME TURKEY MEATBALL SOUP

Once you get the ingredients it will take no time to make this meal

Yield: 6 Servings

INGREDIENTS

1/4 C	Grated parmesan cheese (Optional)
	Kosher salt and ground black pepper, to taste
12 C	low sodium chicken stock
2 Item	Garlic Cloves, Minced
2 Item	Celery stalks (with leaves), diced
1 Item	Onion, Diced
2 Item	Carrots, diced
1/4 tsp.	Red pepper flakes
1 Unit	(about 3 cups) Kale, chopped
4 tbsp.	Olive oil
1 pk.	(28oz) Farm Rich Turkey Meatballs, frozen



DIRECTIONS

- 1 In a large sauce pan over medium-high heat, add olive oil and heat for 2 minutes.
- 2 Stir in kale and red pepper flakes and cook until kale begins to wilt (about 3 minutes).
- 3 Reduce heat and add onion, carrots, celery and garlic.
- 4 Cook, stirring often, until onions are translucent (about 5 minutes).
- 5 Add in stock and bring to a simmer. Simmer for 30 minutes. Add in meatballs and continue to simmer soup until meatballs are fully heated through (about 10 minutes).
- 6 To serve, ladle soup into bowls and garnish with grated parmesan.