

Tuscan Cabbage and Kale Soup

Cold weather calls for soup, and this Italian classic is one of our favorites. With white beans, fresh kale and cabbage cooked up in a rich tomato broth. Served up with a sprinkling of Pecorino Romano, it's cooked from scratch in less than thirty minutes.

25 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan
with a cover

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Mirepoix
Broth Starter
Beans & Tomatoes
Cabbage & Kale
Pecorino Romano

Add Protein Cooking Instructions

Integrate into recipe: While the broth is simmering in step 2, cook the protein (per instructions below) and then shred (*flake the salmon, leave shrimp whole*) and stir into the soup in step 3.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the: CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good to Know

Health snapshot per serving – 150 Calories, 8g Protein, 28g Carbs, 1g Fat, 1 Freestyle Point.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

**SCAN QR CODE
to view YouTube
cooking video**



INGREDIENTS: Cabbage, Kale, Great Northern Beans, Tomatoes, Onions, Celery, Carrots, Pecorino Romano
Garlic, Vegetable Stock, Miso, Black Pepper, Thyme, Liquid Smoke.

meez meals

1. Cook the Mirepoix

Heat 1 Tbsp olive oil to a large saucepan over medium-high heat. When the oil is hot add the **Mirepoix** (onions, celery, carrots & garlic) to the saucepan and cook, stirring continuously, until the onions start to brown, about 2 minutes.

2. Make the Broth

Stir in the **Broth Starter, Beans & Tomatoes**, and 2 cups of water, cover, and bring to a boil. Once the soup is boiling, reduce heat to medium and let simmer, covered for 8 minutes.

3. Cook the Cabbage & Kale

Add the **Cabbage & Kale** and cook until it softens but the kale still maintains its green color, about 3 minutes.

4. Serve and Enjoy

Ladle the soup into bowls and top with the **Pecorino Romano**. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois