



**GREEN  
CHEF**

## CREAMY MUSHROOM & MEATBALL SOUP

*onion, carrots, celery, garlic, chives*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

800

### NET CARBS PER SERVING

18 GRAMS

### MENU

KETO // GLUTEN-FREE

This rustic one-pot (gluten-free!) meal starts with mini pork meatballs—seasoned with just salt and pepper, then baked for an easy, hands-off experience. Meanwhile, you'll build the soup with a base of mushrooms, onion, celery, and carrots. After creating a roux with tapioca flour, you'll stir in a silky combo of coconut milk and creamy mushroom broth seasoned with rosemary, basil, and sage, then the finished meatballs. All they need is a few minutes in the flavorful broth, and you're done! A sprinkle of fresh chives completes the rich and creamy soup.



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

### INGREDIENTS (11 ITEMS)

4 oz **Cremini mushrooms**  
1 whole **Yellow onion**  
1¾ oz **Celery**  
¼ oz **Garlic**  
⅛ oz **Chives**  
10 oz **Ground pork\***  
4 oz **Carrots**  
2 tsp **Tapioca flour**  
5 oz **Coconut milk** T  
3½ oz **Creamy mushroom broth** M  
1¼ tsp **Rosemary, basil & sage blend**

### WHAT YOU'LL NEED

large pot  
baking sheet  
medium bowl  
measuring cup & spoons  
thermometer  
oven mitt  
cooking oil  
salt & pepper

### ALLERGENS

T TREE NUTS (coconut)  
M MILK

\*Ground pork is fully cooked when internal temperature reaches 160 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw pork. Consuming raw or undercooked pork may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.



## 1 PREP

- Preheat oven to 425 degrees.
- Wipe **cremini mushrooms** clean with damp paper towels. Cut into slices, about ¼ inch thick.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Slice **celery** across into pieces, about ¼ inch each.
- Mince **garlic**.
- Mince **chives**.

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

## 2 MAKE MIXTURE &amp; FORM MEATBALLS

- Place **ground pork** in a medium bowl. Season with about ¼ teaspoon salt and a pinch of pepper. Thoroughly mix to evenly distribute seasonings.
- Form **mixture** into 8-10 meatballs, about 1 inch in diameter.

## 3 ROAST MEATBALLS

- Place **meatballs** on a lightly oiled, foil-lined baking sheet. Roast 12-15 minutes, or until meatballs are fully cooked.

## 4 START SOUP

- Heat 2-3 tablespoons cooking oil in a large pot over medium-high heat. Add **mushrooms, onion, celery, and carrots**. Lightly season with salt and pepper. Stir to combine. Cook about 5 minutes, or until carrots soften, stirring occasionally.
- Stir in **tapioca flour** and **garlic**. Cook 2-3 minutes, or until veggies are evenly coated, stirring frequently.

## 5 FINISH SOUP

- Add **coconut milk, creamy mushroom broth**, and about 1 cup water to pot with **veggies**. Season with **rosemary, basil, and sage blend**. Stir to combine. Bring to a boil, then reduce heat to medium-low. Cook 4-5 minutes, or until broth has reduced by about half and soup has thickened, stirring occasionally. Season with salt and pepper to taste.
- Add **meatballs**. Simmer 2-3 minutes, or until meatballs are coated, stirring occasionally.

## 6 PLATE YOUR DISH

- Divide **creamy mushroom and meatball soup** between bowls. Garnish with **chives**. Enjoy!



**Nutrition Facts**

2 Servings per container

**Serving size** (476g)

Amount per serving

**Calories** 800

	% Daily Value*
<b>Total Fat</b> 69g	88%
Saturated Fat 30g	150%
Trans Fat 0g	
<b>Cholesterol</b> 130mg	43%
<b>Sodium</b> 780mg	34%
<b>Total Carbohydrate</b> 22g	8%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein</b> 28g	
Vitamin D 0mcg	0%
Calcium 116mg	8%
Iron 2mg	10%
Potassium 623mg	15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**All ingredients in this recipe:**

**Ground Pork** [pork], **Coconut Milk** [coconut extract, water, citric acid, sodium metabisulfite], **Creamy Mushroom Broth** (Whipping Cream [organic grade A cream (milk), carrageenan], Mushroom Broth [water, organic mushrooms, sea salt, organic garlic], Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices], Lemon Juice [lemon], Sea Salt, Black Pepper, Ascorbic Acid [ascorbic acid]), **Yellow Onion**, **Carrots**, **Celery**, **Cremini Mushrooms**, **Garlic**, **Tapioca Flour** [organic cassava or manioc root], **Chives**, **Rosemary, Basil & Sage Blend** (Ground Rosemary, Dried Sage, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Basil, Granulated Garlic, Onion Powder)

**Allergen information:**

Contains Milk And Tree Nuts

*Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.*

*Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.*