



**GREEN
CHEF**

CREAMY ITALIAN PORK SOUP

cauliflower, lacinato kale, tomato mushroom broth

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

850

NET CARBS PER SERVING

16 GRAMS

MENU

KETO // PALEO // GLUTEN-FREE

This soup makes one delicious promise: You'll get spoonful after spoonful of hearty, Tuscan-style goodness. Just dip your spoon into a mix of Italian-herb-and-red-pepper-seasoned ground pork, tender roasted cauliflower, and ribbons of lacinato kale in a silky tomato mushroom broth enriched with coconut milk.

INGREDIENTS (9 ITEMS)

7 oz **Cauliflower**
1 whole **Yellow onion**
¼ oz **Garlic**
3½ oz **Lacinato kale**
10 oz **Ground pork***
1 tsp **Italian herb & red pepper blend**
½ tsp **Italian seasoning**
10 oz **Coconut milk** T
5¼ oz **Tomato mushroom broth**

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)



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.

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

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.
- Cut **cauliflower** into bite-size pieces if necessary.
- 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.
- Mince **garlic**.
- Remove and discard any thick center stems from **lacinato kale**.^{*} Roll leaves into a large "cigar" and slice across into ribbons, about ¼ inch wide. Roughly chop ribbons.

^{}To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).*

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 SEASON & ROAST CAULIFLOWER

- Place **cauliflower** in a medium bowl. Drizzle with about 1½ tablespoons cooking oil. Season with about ½ teaspoon salt and a pinch of pepper. Stir to coat.
- Spread **cauliflower** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 18–20 minutes, or until fork-tender, stirring halfway through.

3 COOK PORK

- Heat about 1½ tablespoons cooking oil in a large pot over medium-high heat. Add **ground pork** to hot pot. Season with **Italian herb and red pepper blend**, about ¼ teaspoon salt, and a pinch of pepper. Cook 3–4 minutes, or until lightly browned, breaking up **pork** into pieces.

4 ADD AROMATICS

- Reduce heat under pot with **pork** to medium.
- Add **onion** and **garlic**. Season with **Italian seasoning**, about ¼ teaspoon salt, and a pinch of pepper. Cook 3–4 minutes, or until pork is fully cooked and onion is translucent, stirring occasionally.

5 SIMMER SOUP

- Add **coconut milk**, **tomato mushroom broth**, and about ½ cup water to pot. Stir to combine. Bring to a boil, then reduce heat to medium low. Simmer about 5 minutes, or until broth has slightly reduced, stirring occasionally.

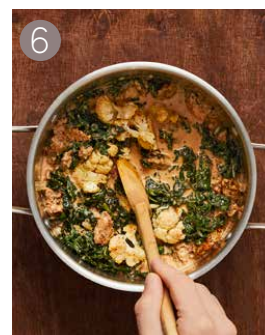
6 FINISH SOUP

- Transfer **roasted cauliflower** to pot with **soup**. Add **kale**. Cook 1–2 minutes, or until kale is lightly wilted, stirring occasionally. Season with salt and pepper to taste.^{*}

^{}Taste the soup after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious dish.*

7 PLATE YOUR DISH

- Divide **creamy Italian pork soup** between bowls. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (571g)

Amount per serving

Calories 850

	% Daily Value*
Total Fat 71g	91%
Saturated Fat 30g	150%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 1470mg	64%
Total Carbohydrate 21g	8%
Dietary Fiber 5g	18%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 32g	
Vitamin D 0mcg	0%
Calcium 168mg	15%
Iron 4mg	20%
Potassium 1287mg	25%

* 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], **Italian Herb & Red Pepper Blend** (Granulated Garlic, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Crushed Red Pepper Flakes, Onion Powder), **Cauliflower**, **Yellow Onion**, **Garlic**, **Lacinato Kale**, **Coconut Milk** [coconut milk], **Italian Seasoning** [basil, rosemary, marjoram, oregano, thyme], **Tomato & Mushroom Broth** (Mushroom Broth [water, organic mushrooms, sea salt, organic garlic], Balsamic Vinegar [wine vinegar, concentrated grape must, caramel color], Ground Tomatoes [organic tomatoes, organic tomato puree, sea salt, citric acid], Ascorbic Acid [ascorbic acid])

Allergen information:
Contains 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.