

GREEN CHEF

CREAMY MUSHROOM & MEATBALL SOUP

onion, carrots, celery, garlic, chives

COOK TIME	SERVINGS	CALORIES PER SERVING	NET CARBS PER SERVING	MENU
30 MIN	2	780	17 GRAMS	KETO // GLUTEN-FREE

This rustic one-pot (gluten-free!) meal starts with mini pork meatballs—which are seasoned with fresh garlic and a blend of rosemary, basil, and sage, then baked until nicely browned. Meanwhile, you'll build the soup with a base of mushrooms, onion, carrots, and celery, then simmer it with a silky combo of coconut milk and creamy mushroom broth. All the meatballs need are a few minutes in the pot, and you're done! A sprinkle of fresh chives completes the rich and creamy soup.

COOKING FOR 4 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)

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

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°.

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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

CREAMY MUSHROOM & MEATBALL SOUP

1 PREP

- Preheat oven to 425 degrees.
- Mince **garlic**.
- 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 **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 & FORM MEATBALLS

- Place **ground pork** and **garlic** in a medium bowl. Season with about half the **rosemary, basil, and sage blend**, ¼ teaspoon salt, and a pinch of pepper. Thoroughly mix to evenly distribute ingredients.
- 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**, **carrots**, and **celery**. Lightly season with salt and pepper. Stir to combine. Cook about 5 minutes, or until carrots soften, stirring occasionally.
- Stir in **tapioca flour**. 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 remaining **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, stirring occasionally. Season with salt and pepper to taste.
- Transfer **meatballs** to pot. 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!

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Nutrition Facts

2 Servings per container

Serving size **(479g)**

Amount per serving

Calories 780

	% Daily Value*
Total Fat 66g	85%
Saturated Fat 27g	135%
Trans Fat 0g	
Cholesterol 135mg	45%
Sodium 780mg	34%
Total Carbohydrate 22g	8%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 29g	
Vitamin D 0mcg	0%
Calcium 138mg	10%
Iron 4mg	20%
Potassium 1116mg	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], **Coconut Milk** [coconut milk], **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.