



CHICKEN SAUSAGE MEATBALLS - DINNER

MEATBALL MINISTRONE - LUNCH



COOK IT ONCE, EAT IT TWICE

Tonight's dinner extras transform into tomorrow's lunch.

DINNER | TOTAL: 50 MIN | CALORIES: 680

LUNCH | TOTAL: 15 MIN | CALORIES: 370

INGREDIENTS FOR: 2-person | 4-person

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|---|--|---|--|--|---|--|--|
| 
Yukon Gold Potatoes
12 oz 24 oz | 
Scallions
2 4 | 
Apple
1 2 | 
Sour Cream
(Contains: Milk)
4 TBSP 8 TBSP | 
Shredded Red Cabbage
4 oz 8 oz | 
Tuscan Heat Spice
1 TBSP 2 TBSP | 
Cannellini Beans
13.4 oz 13.4 oz | 
Flour
(Contains: Wheat)
1 2 |
| 
Yellow Onion
1 2 | 
Carrot
1 1 | 
Thyme
¼ oz ½ oz | 
Italian Chicken Sausage Mix
18 oz 27 oz | 
Red Wine Vinegar
5 tsp 10 tsp | 
Chicken Stock Concentrates
4 5 | 
Baby Spinach
5 oz 5 oz | |

BUST OUT • Peeler • Medium pot • Strainer • Potato masher • Baking sheet • Large pan • Medium bowl • Large pot • Zip-close bags
• 2 Reusable containers • Whisk • Butter (3 TBSP | 6 TBSP) (Contains Milk) • Vegetable oil (6 tsp | 11 tsp) • Sugar (½ tsp | 1 tsp)

DINNER



1 PREP

Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.** Dice **potatoes** into ½-inch cubes. Halve and peel **onion**; small-dice one half and thinly slice the other. Trim and thinly slice **scallions**, separating whites from greens. Peel and halve **carrot** lengthwise; cut crosswise into ¼-inch pieces. Halve, core, and thinly slice **apple**. Pick **1 tsp thyme leaves** from stems; leave remaining sprigs whole.



4 COOK CABBAGE AND APPLE

Heat a large drizzle of **oil** in a large pan over medium-high heat. Add **sliced onion** and **whole thyme sprigs** and cook, stirring, until softened, 3-5 minutes. Add **cabbage**, **apple**, and another drizzle of oil; season with **salt** and **pepper**. Cook, stirring, until softened, 3-5 minutes. Add **vinegar**, half the **scallion greens**, and ½ **tsp sugar** (to taste); cook for 1 minute. Discard thyme sprigs. Transfer to a medium bowl. Cover to keep warm.



2 COOK POTATOES

Place **potatoes** in a medium pot with enough **salted water** to cover by 1 inch. Bring to a boil and cook until tender, about 15 minutes. Drain and return to pot; mash until smooth. Stir in **sour cream** and **1 TBSP butter**; season with **salt** and **pepper**. Cover and keep warm until ready to serve.



LUNCH

5 MAKE SOUP FOR LUNCH

Heat a large drizzle of **oil** in a large pot over medium-high heat. Add **diced onion**, **scallion whites**, **carrot**, and **Tuscan Heat Spice**. Cook, stirring, until softened, 3-4 minutes. Add **3 stock concentrates** and **3 cups water**. Bring to a boil, then stir in **beans** (and any liquid). Reduce heat to a simmer; season with **salt** and **pepper**. Stir in half the **meatballs**; simmer 2 minutes. Divide soup between 2 reusable containers. Divide **spinach** between plastic zip-close bags. When ready to eat, stir spinach into soup. Microwave on high for 3-5 minutes, or until heated through and spinach has wilted.



3 BAKE MEATBALLS

Using your hands, form **sausage** into small meatballs (about 16). (**TIP:** To prevent the meat from sticking to your hands, lightly dampen them with water.) Place meatballs on a lightly **oiled** baking sheet. Bake until browned and cooked through, 18-20 minutes.



6 FINISH AND SERVE DINNER

Rinse and wipe out pan used for cabbage. Melt **1 TBSP butter** in same pan over medium-high heat until melted. Stir in **flour** and cook until lightly browned, 1-2 minutes. Whisk in remaining **stock concentrate** and **1 cup water**. Cook until sauce is slightly thickened, 1-2 minutes. Stir in another 1 TBSP butter and reserved **1 tsp thyme leaves**. Divide **mashed potatoes** and **cabbage mixture** between plates. Top mashed potatoes with remaining **meatballs** and sauce. Garnish with remaining **scallion greens**.