

Persian Meatball Soup

PREP TIME:

10 minutes

COOKING TIME:

LOW: 6 - 6 1/2 hours

HIGH: 3 hours

SERVES:

6



INGREDIENTS:

- 2 tbsp light olive oil
- 1 cup / 1 small onion, diced
- 1 cup / 2 celery ribs, diced
- 1 1/2 tsp / 3 cloves garlic, minced
- 1 tbsp Sweet & Spicy blend
- 2 cups butternut squash, cubed
- 2 x 15 oz cans white beans / Northern beans, rinsed
- 4 cups / 32 fl oz chicken broth
- 1/2 tsp salt
- 1 lb turkey sausage meat, rolled into 1 inch balls
- 2 cups kale, washed and chopped

PREPARE:

heat the olive oil in a skillet over a medium heat and sauté the onions, celery and garlic for 2 minutes

add the onion mixture to the slow cooker

stir in the Sweet & Spicy blend, squash, beans, chicken broth & salt

add the meatballs to the slow cooker and push into the broth mixture

cover and cook on LOW for 6 hours / HIGH for 3 hours

remove the lid and add the kale

replace the lid and cook for a further 20 minutes on LOW

serve with crusty loaf or flatbreads and a squeeze of lemon juice.