

Soup's On! Italian Meatball and Vegetable Soup

Yield: 4 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/turkey-italian-meatball-recipe-with-bread>

Ingredients:

- 1 package ground turkey about 1 and 1/3 pound
- 2 slices bread
- 1/3 cup milk
- 1 egg
- 1/2 teaspoon garlic salt
- 1/8 teaspoon ground black pepper
- 3 tablespoons parsley flakes dried
- 1 tablespoon olive oil
- 5 carrots large, cut into 1/4? rounds
- 4 celery ribs sliced 1/4? thick
- 1 onion large, diced
- 2 garlic cloves finely minced
- 3/4 cup brown rice uncooked*
- 2 russet potatoes peeled and diced
- 15 ounces cannellini beans rinsed and drained
- 4 cups kale leaves packed finely chopped, no stems
- 16 cups chicken stock or broth
- pepper
- salt