



Kale and Meatball Soup with Rustlin' Rob's All Around Seasoning

HEAT LEVEL: MILD

INGREDIENTS:

- ½ lbs. ground beef (sirloin or round)
- ¼ lbs. ground sausage
- ½ cup diced onion, divide use
- 1 clove garlic, minced
- ¼ tsp. coarse sea salt
- ¼ tsp. freshly ground black pepper
- 2 tsp. [Rustlin' Rob's All Around Seasoning](#) , divided use
- 1 slice white bread (crusts removed)
- 3 Tbs. milk
- 8 cups beef or chicken broth
- 2 large carrots, diced
- 3 cups kale, or more to taste, washed and chopped

DIRECTIONS:

1. Heat oven to 350°.
2. Combine beef, sausage, ¼ cup onion, garlic, salt, pepper, and ½ tsp. Rustlin' Rob's All Around Seasoning in large bowl.
3. In a separate bowl, moisten the bread with the milk and then add to the meat mixture. Make small (about 1-inch) meatballs and place them in a single layer on a rimmed baking sheet.

4. Bake the meatballs about 20 minutes, until firm and lightly browned. Drain excess grease from meatballs and pan.

5. Combine the broth, remaining onion, white beans, diced carrot and remaining 1 ½ tsp. of Rustlin' Rob's All Around Seasoning in a large soup pot over medium-high heat. Bring the mixture to a boil, and add meatballs and chopped kale. Reduce heat and simmer about 15 minutes, until vegetables are cooked through.