

# **PORK**



## **Madras-Inspired Curry Meatballs**

*and*

## **Minestrone Soup**

### **Produce**

Carrots, whole, 5  
Celery, 5 stalks  
Cilantro, ¼ bunch  
Garlic cloves, 7  
Ginger, fresh, 1 (1-inch) piece  
Green beans, 1 pound  
Lemon, 1  
Onions, yellow, 2 small  
Parsley, 8 stems  
Sweet potatoes, 2 medium

### **Meat**

Pork, ground, 3 pounds

### **Pantry**

Beans, kidney, 1 (15-ounce) can  
Broth, chicken, or beef, 48 fluid ounces (6 cups)  
Coconut milk, full-fat, 1 (13.5-ounce) can  
Ghee, 1 tablespoon \*may substitute extra-virgin olive oil  
Olive oil, extra-virgin, 2 tablespoons  
Pasta shells, dried, 4 ounces (1 cup)  
Rice, white, uncooked, 6.3 ounces (1 cup)  
Tomatoes, diced, 1 (28-ounce) can  
Tomato paste, 1 (6-ounce) can  
Tomato sauce, 1 (15-ounce) can

### **Seasonings**

Cayenne pepper, ¼-½ teaspoon  
Cinnamon, ground, ½ teaspoon  
Coriander, ground, 1 teaspoon  
Cumin, ground, 1 teaspoon  
Turmeric, ground, 1 teaspoon  
Garam masala, 2 teaspoons  
Madras curry powder, 1 tablespoon \*may substitute regular curry powder for less spice