

VEGGIE SOUP WITH MINI-TURKEY MEATBALLS

INGREDIENTS

For the meatballs

1 small onion, grated
3 garlic cloves, minced
1 large egg
1/4 cup dried bread crumbs
1/4 cup chopped fresh Italian parsley leaves
1/2 cup grated Parmesan
1 teaspoon salt
1/4 teaspoon ground black pepper
1 pound ground dark turkey meat
3 tablespoons olive oil

For the Soup

4 cups chicken broth (if store bought, get the low sodium kind!)
2 medium waxy potatoes (yukon golds, red or yellow), diced in 1/2 inch cubes
2 carrots, diced in 1/2 inch rounds
2 stalks celery, diced
3 tablespoons tomato paste
1 cup broccoli florets (fresh or frozen)
1/2 cup peas (fresh or frozen)
salt and pepper to taste

DIRECTIONS

Add the onion, garlic, egg, bread crumbs, parsley, Parmesan, Pecorino, salt and pepper to a large bowl and blend. Mix in the turkey. Shape the turkey mixture into 1 1/4-inch-diameter meatballs. Place on a large plate or baking sheet.

Heat the oil in a heavy large frying pan over medium-high heat. Add the meatballs and sauté until browned on all sides, about 5 minutes. Transfer the meatballs to a plate lined with paper towels to catch any excess oil. Set aside while making the soup.

In a large stock pot, combine broth, tomato paste, potatoes and carrots; simmer for 20 minutes or until carrots and potatoes are tender. Add broccoli and peas and simmer for an additional 10 minutes. Season with salt and pepper. Add the turkey meatballs and serve.