

# RECIPE OF THE MONTH

## Turkey Meatball Soup

An easy and hearty soup recipe for weekday meals or anytime you want for a quick supper, perfect for fall or winter meal ideas. Dairy-free, gluten-free, grain-free, clean eating.

### Ingredients

#### For Meatballs

1 pound ground turkey  
1/2 tsp. garlic powder  
1/2 tsp. onion powder  
1/4 cup dry Parmesan cheese  
2 tbsp. parsley  
1 tsp. salt  
1 tsp. black pepper  
1 tsp. Mrs. dash  
1/2 cup breadcrumbs  
1 egg  
2 tbsp. olive oil (for pan)

#### For Soup

2 medium carrots rough chopped  
2 stalks of celery chopped  
1 onion chopped  
1 tbsp. butter  
1 tsp. Red pepper flakes  
1 tsp. salt  
1 tsp. black pepper  
1/4 cup dry Parmesan cheese  
2 cloves garlic, sliced thinly  
6 cups chicken broth or vegetable broth  
1 cup small pasta  
2 bay leaves  
1 tbsp. oil

### Instructions

In a bowl, mix the ground turkey, garlic, Parmesan cheese, onion, parsley, salt, black pepper, Mrs. Dash, egg, breadcrumbs, shape it into meatballs.

Heat oil in a non-stick skillet over medium-low heat. Sear the meatballs for 2-3 minutes, until it gets a little bit brown crust on the outside. You might need to cook it in few batches. Set aside.

In a large pot over medium heat, add oil and butter and sauté onion, celery and carrot, cook it until vegetables soft about 4 to 5 minutes. Add spices, cook until fragrance is released. Add kale, stir together. Add broth, bay leaves; bring to boil then turn the heat down to simmer for about 15 minutes.

Add meatballs & pasta bring back to boil, simmer Cook 15 more minutes. Serve immediately; garnish it with chopped parsley or pepper flakes.