

# Caramelized Vegetable and Meatball Soup

Recipe By *Emuna Braverman*

*Elizabeth Kurtz*



Cooking and Prep:  2 h

Serves:  12

Contains: 

**Preference:** Meat

**Difficulty:** Medium

**Occasion:** Passover, Sukkot

**Diet:** Gluten Free, Low Carb,

Sugar Free

**Source:** Whisk by Ami

Magazine

## Ingredients (16)

### Soup

- 1 small butternut squash, peeled and seeded
- 3 medium Yukon Gold potatoes
- 2 large carrots, peeled
- 2 large parsnips, peeled
- 15-20 garlic cloves, peeled

- 1/4 cup olive oil, divided
- 1 and 1/2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 2 large leeks, cut into 3/4-inch slices and rinsed
- 8 cups reduced-sodium or homemade chicken broth

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## Turkey Meatballs

- 1 pound ground turkey (not breast only)
  - 1 tablespoon fennel seeds
  - 1 egg, lightly beaten
  - 1 large heart fennel, cut into 1/4-inch slices (reserve feathery fronds for garnish)
  - 1/2 teaspoon black pepper
  - 1 teaspoon salt
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## Start Cooking

### Prepare the Soup

1. Preheat oven to 425 degrees Fahrenheit and arrange the racks in upper and lower thirds of oven.
2. Cut squash, potatoes, carrots, and parsnips into one-inch pieces and put in a large oiled roasting pan. Add garlic. Toss with two and a half tablespoons olive oil, one and a half teaspoons salt, and one teaspoon pepper, and spread out in a single layer, leaving as much room as possible around the pieces. Roast vegetables on lower rack about 40 minutes, or until browned and tender (stir after they've browned underneath, about 25 minutes).
- 3.

Meanwhile, make the meatballs. With wet hands, mix ground turkey, fennel seeds, egg, one teaspoon salt, and half a teaspoon pepper together in a small bowl. Oil your hands with some of the remaining oil. Shape turkey mixture into one-inch meatballs and set them on an oiled-rimmed baking sheet as you go, using more oil as needed to coat them well. Roast meatballs on upper rack 15-20 minutes, turning a couple of times to brown well on all sides.

4. Heat one tablespoon olive oil in a large pot over medium-heat. Add leeks and fennel, season with salt and pepper to taste, and cook until softened, about five minutes. Pour in broth and bring to a boil over high heat, covered. Lower heat and simmer vegetables until meltingly soft, about 25 minutes.
5. When vegetables in oven have caramelized and meatballs are browned, remove both from oven. Transfer meatballs to roasting pan. Pour a ladleful of hot broth into baking sheet and scrape up browned bits, pour into roasting pan along with all contents of pot, and gently scrape up vegetables' browned bits. Return to oven and bake five minutes to let flavors mingle. Serve with hunks of warm bread.