

Mini Meatball Minestrone

Recipe By Rivki Rabinowitz



Cooking and Prep:  30
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Serves:  6

Contains: 

Preference: Meat

Difficulty: Easy

Diet: Gluten Free

What I love about this one is that it truly is a complete meal. Using turkey as the meatball keeps fat content down, and the accompanying ingredients work together to up the ante on this warming winter soup.

Ingredients (20)

Meatballs

- 1 pound ground dark turkey
- 3 tablespoons quick cooking oats (gluten-free if needed)
- 1 tablespoon chopped fresh basil
- 1 tablespoon oil, plus more for browning
- 1/2 teaspoon black pepper
- 3/4 teaspoon kosher salt
- 1 large egg, lightly beaten

Soup

- 2 tablespoons oil
 - 2 cups diced onion
 - 3/4 cup sliced carrot
 - 3/4 cup sliced celery
 - 3/4 cup cubed parsnip
 - 1/2 – 1 cup **Alfasi Cabernet Sauvignon** or other dry red wine
 - 1 (32-ounce) container **Empire Chicken Broth**
 - 2 tablespoons dark red miso, optional but recommended
 - 1 (14- and 1/2-ounce) can of tomatoes that come seasoned with spices (basil, oregano)
 - 1 (15-ounce) can **Haddar Chickpeas**, rinsed and drained
 - 1/4 teaspoon kosher salt
 - 3 cups chopped kale
 - 1/4 cup chopped fresh basil
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Start Cooking

Prepare the Meatballs

1. Combine meatball ingredients in a bowl. Shape by teaspoon into 30 or so meatballs.
2. Add one tablespoon oil to a large pan set over medium-high heat and swirl to coat. Add half of the meatballs and cook two minutes, turning them to brown.
3. Remove meatballs from pan and repeat with remaining mixture.

Prepare the Soup

1. Add onion, carrot, celery, and parsnip to a pan and sauté in two tablespoons oil for six minutes.
2. Stir in wine, chicken broth, miso, canned tomatoes, and chickpeas. Add the salt.
- 3.

Bring to a boil, reduce heat and simmer for 10 minutes.

4. Add meatballs. Add kale and let wilt. Cover and cook 12 minutes, or until meatballs are done. Stir in basil.