

Meatball Veggie Soup – Makes ~8-10 servings



Ingredients

- 2lbs Ground meat
- 2 tbsp. Ginger, peeled and minced
- 2 Eggs
- 2 tbsp. Olive oil
- 1 Onion, sliced
- 2-3 stalks Celery, diced
- 2-3 medium Carrots, sliced
- 3 cloves Garlic
- 4-5 medium Potatoes, diced
- 1 bunch Rainbow chard, roughly chopped
- 4 cups Fresh bean sprouts
- Salt and pepper to taste
- Lots of water! – make sure you have a big pot!
 - o Or homemade vegetable broth

Directions

1. Wash all your veggies.
2. Prepare the meatballs by mixing the meat, eggs, ginger and salt and pepper.
3. Fry the onion, celery and carrots in the olive oil until the onions become somewhat translucent.
4. Add the garlic and fry until fragrant, ~1-2 min.
5. Add the potatoes, rainbow chard, and enough water to almost fill your pot (but leave enough room for the meatballs).
6. Bring the pot to a boil then add the meatballs.
7. Lower heat, and simmer for 20 min.
8. Add the bean sprouts in the last 5 min of simmering.
 - a. If making vegetarian, add the beans and the cooked quinoa in this step
9. Enjoy! 😊