RECIPE

Turkey Meatball and Escarole Soup

A winter dinner soup of tender turkey-breast meatballs, escarole, carrots and small whole-wheat pasta in low-sodium chicken broth, an Italian wedding soup with a measured pinch of Parmesan.

MAKES

6 servings US Metric

TOTAL

1 h

Ingredients

- [ ] 1 tbsp olive oil, for the meatballs
- [ ] 1 tbsp olive oil, for the pot
- [ ] 1 medium onion, chopped
- [ ] 2 medium carrots, diced
- [ ] 2 medium celery stalks, diced
- [ ] 8 cups low-sodium chicken broth
- [ ] 12 cups chopped escarole
- [ ] 2 ½ oz dry whole-wheat small soup pasta, such as ditalini or acini di pepe
- [ ] 1 lb ground turkey breast, 99% fat-free
- [ ] ½ cup rolled oats, for the meatballs
- [ ] ¼ cup water, to soak the oats
- [ ] 1 large egg white
- [ ] 2 tbsp grated Parmesan, for the meatballs
- [ ] 3 tbsp chopped fresh parsley

Method

1. Stir the oats and the water together in a large bowl and leave them 5 minutes, until the oats have taken up the water.
2. Add the turkey, egg white, 2 tbsp Parmesan, parsley, garlic powder, oregano, pepper, ¼ tsp salt and 1 tbsp of the olive oil. Mix with a fork or wet hands just until it holds together; the mixture is soft.
3. With wet hands, roll about 36 meatballs of about 17 g each onto a plate. Chill them while you start the soup.
4. Warm the other 1 tbsp of olive oil in a large pot over medium heat. Cook the onion, carrots and celery 6 to 8 minutes, until soft. Add the broth and ½ tsp salt, cover and bring to a boil.

- [ ] 1 tsp garlic powder
- [ ] 1 tsp dried oregano
- [ ] ½ tsp black pepper
- [ ] ¼ tsp salt, for the meatballs
- [ ] ½ tsp salt, for the soup
- [ ] 1 tbsp grated Parmesan, for serving

5. Turn the heat down to a steady simmer. Slip the meatballs in one at a time, cover, and simmer 12 to 13 minutes. Water boils at about 203 °F here at 5,430 ft, so the house gives the 10 minutes a sea-level pot needs a quarter longer (CSU Extension). A meatball is done when a thermometer in the middle reads 165 °F; cut one open to check it is no longer pink.

6. Stir in the pasta and simmer until it is tender, about 10 to 12 minutes, a little longer than the package says at this altitude (our kitchen practice: we extend it a quarter). Stir now and then so it does not stick.

7. Stir in the escarole a handful at a time and cook 3 to 4 minutes, until it is wilted and tender.

8. Ladle into six bowls, 6 meatballs each, and sprinkle each with a scant 1 tsp (5 g in all) of the Parmesan for serving.

9. Cool leftovers no more than 2 hours (1 hour above 90 °F) before they go in the fridge, in shallow containers. Reheat each serving to a rolling boil, and the meatballs to 165 °F.