



The Recipe Book

MEATBALL VEGETABLE SOUP

Herb of Choice: **Oregano**

Ingredients:

- 5 cups reduced-sodium chicken broth
- 2 large carrots, diced
- 2 stalks celery, diced
- 1 large egg, beaten to blend
- 1 1/4 teaspoons ground cumin
- About 2 tbsp. chopped fresh oregano, divided
- 1/4 teaspoon kosher salt
- 1/4 teaspoon pepper
- 1 pound ground beef
- 1/2 cup cold cooked white rice

Directions:

1. Heat broth, carrots, and celery in a medium pot, covered, over high heat until boiling. Meanwhile, make meatballs.
2. Combine egg, cumin, 2 tsp. oregano, and the salt and pepper in a bowl. Stir in beef and rice to blend well. Shape meat into 1 1/2-in. balls and set on a tray.
3. Lower meatballs into soup with a spoon. Bring to a simmer; reduce heat and cook, covered, until carrots are very tender, 8 to 10 minutes. Stir in remaining oregano.

<http://www.myrecipes.com/recipe/meatball-vegetable-soup>

