

Matzo Ball Soup

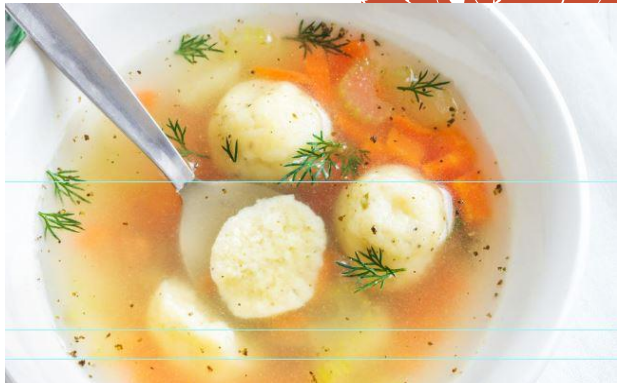
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|-------|--------|---|-----|--------|---|
| 1 | small | leek white part only | 1 | large | egg beaten |
| 1 | clove | garlic clove, minced (don't remove skin) | 1/4 | cup | chopped parsley |
| 5 | medium | carrots peeled and thinly sliced | 1/2 | cup | matzo meal |
| 5 | ribs | celery, chopped | | | kosher salt and pepper to taste |
| 1 | medium | onion cut in half crosswise (don't remove skin) | 1 | Tbs | canola oil |
| | | | | | for matzo balls: |
| 1/2 | cup | parsley flakes | 1 | 5 oz | Manischewitz Matzo Ball Mix |
| 1/2 | cup | sprigs fresh thyme | | | for soup: |
| 1 1/2 | Tbsp | tablespoons black peppercorns | 3 | cups | egg free noodles |
| 1 1/2 | Tbsp | tablespoons kosher salt to taste | 4 | medium | Carrots sliced into 1/4-inch rounds |
| | | for meatballs: | 1/8 | cup | parsley flakes |
| 1 | lb | ground chicken breast | 4 | quarts | chicken broth or stock recipe above, or if you don't make your own, |
| 1/2 | medium | onion minced | | | |

- 1 For chicken broth:
- 2 Place chicken and all vegetables and spices in a large stockpot. Cover with 6 quarts of water.
- 3 Over high heat, bring to a boil and then reduce to a simmer for 4 to 5 hours. Taste for seasoning and add salt if needed.
- 4 Strain pot and discard vegetables. Chicken meat can be refrigerated and saved for another use. Skim broth and chill 8 hours or overnight. Remove fat from surface, skim broth again and reheat and simmer for soup. Can be made 3 days in advance.
- 5 For meatballs:
- 6 In a large bowl, combine ingredients until just combined.
- 7 Form meatballs in 1/2" balls. Heat a large skilled on medium, add oil and cook in batches, turning frequently, 3-4 minutes total. Set aside.
- 8 For matzo balls:
- 9 Follow package directions and add chopped parsley or dill if desired. Keep warm until served.
- 10 For soup:
- 11 In a large stockpot, bring chicken stock to a boil and cook pasta and carrots for 3 minutes. Reduce heat to simmer, add chicken meatballs and cook for 5 minutes more or until meatballs are warmed through.
- 12 Place matzo balls in bowls and ladle in soup, carrots, noodles and chicken meatballs. Garnish with parsley and serve.
- 13 Recipe Notes
- 14 Matzo balls need to rest in the refrigerator for at least 1/2 hour prior to cooking.
- 15 I cook the matzo balls directly in the chicken stock rather than water. Don't let the matzo balls sit in the broth however or they'll soak all of your broth away.
- 16 The chicken meatballs can be made 2 days in advance.

Servings: 6 Yield: 6

Degree of Difficulty: Moderately difficult

Preparation Time: 30 minutes Cooking Time: 5 hours and 10 minutes Total Time: 5 hours and 40 minutes



Amount Per Serving	
Calories	307.78
Calories From Fat (20%)	62.34
	% Daily Value
Total Fat 7.14g	11%
Saturated Fat 1.42g	7%
Cholesterol 61.57mg	21%
Sodium 1653.24mg	69%
Potassium 862.71mg	25%
Total Carbohydrates 50.48g	17%
Fiber 9.16g	37%
Sugar 8.19g	
Protein 14.31g	29%