

WILD RICE & MEATBALL SOUP



For the Soup:

1	Quart	Turkey (or Chicken) Stock
¼	Cup	Chopped Mushrooms
¼	Cup	Chopped Onion
¼	Cup	Chopped Carrot
¼	Cup	Chopped Celery
¼	Teaspoon	Dried Rosemary
2	Tablespoons	Chopped Spinach
½	Cup	Cooked Wild Rice

For the Meatballs:

½	Pound	Ground Turkey
2	Tablespoons	Onion, chopped very fine
¼	Cup	Italian Bread Crumbs (or plain+¼ tsp Italian Seasoning)
¼	Cup	Parmesan Cheese (grated)
1	Large	Egg
¼	Teaspoon	Garlic Salt
1	Tablespoon	Worcestershire Sauce

Directions:

1. Cook wild rice according to package instructions. Set aside.
2. Add rosemary, mushrooms, onion, carrot and celery to turkey stock. Simmer for 15 minutes or until the vegetables are tender.
3. For the meatballs: Whisk together onion, bread crumbs, egg, Worcestershire Sauce, parmesan, and garlic salt. Add ground turkey and mix until thoroughly combined. Form into meatballs about ¼ the size of a golf ball. Brown briefly in a hot skillet to help them hold their shape in the soup.
4. Add rice, meatballs and chopped spinach to soup and simmer until the meatballs are cooked through. Salt and pepper to taste.