



CHICKEN MEATBALL SOUP



PREP TIME: 20 MIN | COOK TIME: 50 MIN | SERVINGS: 6

This hearty meatball soup uses ground chicken and a medley of delicious veggies. Freeze a batch to have on hand for an easy weeknight dinner!



ABOUT THE CHEF

A culinary arts professor and consultant, cooking show host, and cookbook co-author, First Nation Chef David Wolfman is an internationally recognized expert in wild game and traditional Indigenous cuisine.



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Meatballs Ingredients

- 1 lb (454 g) ground chicken
- ¼ cup (60 mL) bread crumbs
- 2 tbsp (30 mL) chopped parsley or
2 tsp (10 mL) dried parsley
- 1 large egg
- 1 small onion, diced
- ½ tsp (2.5 mL) garlic powder
- ¼ tsp (1 mL) ground cloves
- ½ tsp (2.5 mL) dried oregano
- ¼ tsp (1 mL) salt
- ¼ tsp (1 mL) ground black pepper

Soup Ingredients

- 1 tbsp (15 mL) olive oil
- 1 small onion, diced
- 1 clove garlic, minced
- 2 stalks celery, diced
- 1 carrot, diced
- 3 small potatoes, diced
- 6 cups (1.5 litre) chicken broth
- 1 can (28 oz/796 mL) diced tomatoes, with juice
- 2 bay leaves
- ½ tsp (2.5 mL) dried rosemary, chopped finely
- ½ tsp (2.5 mL) dried thyme
- 1 tsp (5 mL) salt
- ½ tsp (2.5 mL) ground black pepper

Optional: chopped parsley and grated parmesan cheese

DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. In a large bowl combine all meatball ingredients and mix well.
3. Roll the mixture into even, bite-size meatballs and place on a greased, foil- or parchment paper-lined baking sheet.
4. Bake for 12-15 minutes. Remove from oven and set aside.
5. Meanwhile, heat a large soup pot over medium heat. Add olive oil and onion and cook for 2 minutes.
6. Add garlic and celery and cook for 2 minutes.
7. Add the carrot and potatoes and continue cooking for 2 more minutes.
8. Add the broth, tomatoes, bay leaves, rosemary, thyme, salt and pepper. Bring to a boil over high heat. Lower heat to medium and cook for 15-18 minutes.
9. Add the meatballs to the soup and cook for 10-12 minutes.
10. Remove bay leaves and serve with chopped parsley and parmesan cheese, if using.

TIPS

- » If you don't have ground chicken, try using ground turkey or lean ground beef.
- » Chill leftover soup for up to 3 days in the fridge.
- » To freeze, let it cool, then transfer to food safe containers, removing all excess air, and freeze for up to 3 months. When ready to use, thaw in fridge overnight and heat to serving temperature 74°C (165°F) or higher.