

Vegetarian Matzo Ball Soup

This savory, vegetable matzo ball soup is a delicious and quick meal on a cold evening.

Prep time: 30 minutes

Cook time: 30 minutes

Makes: 6 Servings

Source: <https://www.myplate.gov/recipes>

Ingredients

Ingredients for Matzo Balls:

- 2 eggs, lightly beaten
- 2 tablespoons olive oil
- 1/8 cup vegetable broth, low-sodium
- 1/2 cup unsalted matzo meal
- 1 tablespoon fresh dill
- salt (1/2 teaspoon, optional)

Ingredients for Broth:

- 6 cups vegetable broth, low-sodium
- 4 carrots (cut into 1/4 inch slices)
- 2 onions, coarsely chopped
- 1 1/2 cups parsnips, sliced (medium)
- 3 tablespoons fresh dill
- salt and pepper (to taste, optional)

Directions

Wash hands with soap and water.

To Make Matzo Balls:

1. Stir together eggs, oil, and vegetable stock in a small bowl. Add matzo meal, dill, and salt. Stir until evenly combined. Cover and refrigerate 15 minutes to 8 hours.
2. Bring large pot of water to a boil; add a dash of salt. Using olive oiled hands, form dough into 12 1-inch balls.
3. Drop the balls one at a time into the boiling water. Reduce heat and simmer for 30 minutes.

To Make Broth:

1. While matzo balls are simmering, make soup by adding all ingredients and bringing to a boil.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 2 cooked matzo balls with 1 cup soup

Nutrients	Amount
Calories:	170 g
Total Fat:	6 g
Saturated Fat:	1 g
Cholesterol:	55 mg
Sodium:	129 mg
Total Carbohydrates:	25 g
Dietary Fiber:	4 g
Total Sugars:	7 g
Added Sugars:	1 g
Protein:	4 g

Utensils Needed

- Small bowl
- Measuring cups
- Measuring spoons
- Large pot
- Cutting board
- Whisk or fork
- Large spoon
- Sharp knife

DIRECTIONS CONTINUED

2. Reduce heat and simmer for 20 minutes.
3. To serve, spoon 2 cooked matzo balls into a bowl and ladle 1 cup of soup over them.

SHOPPING LIST

Average total cost of ingredients without oil and seasonings: \$21.16

Average cost/serving: \$3.53

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location.

Ingredients



Add 1 to Cart
Eggs, 1 dozen



Add 2 to Cart
Low-Sodium Vegetable Broth, 32 oz.



Add 1 to Cart
Matzo Meal, 16 oz.



Add 1 to Cart
Fresh Dill



Add 1 to Cart
Carrots, 2 lb. bag



Add 2 to Cart
Onions



Add 1 to Cart
Parsnips, 1/2 lb.

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Tips

- Recipe cost can be reduced by substituting dried dill for fresh dill.

Similar Recipes

- Save money by reusing some of these Ingredients in other recipes found on snapedny.org, such as:
 - Barley Lentil Soup
 - Lemon Dill Brussel Sprouts

