# 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:

- 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.
- 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

| with i cup soup      |              |
|----------------------|--------------|
| Nutrients            | Amount       |
| Calories:            | <u>170 g</u> |
| Total Fat:           | <u>6 g</u>   |
| Saturated Fat:       | <u>1 g</u>   |
| Cholesterol:         | 55 mg        |
| Sodium:              | 129 mg       |
| Total Carbohydrates: | <u>25 g</u>  |
| Dietary Fiber:       | <u>4 g</u>   |
| Total Sugars:        | <u>7 g</u>   |
| Added Sugars:        | <u>1 g</u>   |
| Protein:             | <u>4 g</u>   |
|                      |              |

#### **Utensils Needed**

- Small bowl
- · Cutting board
- Measuring cups
- Whisk or fork
- Measuring spoons
- Large spoon
- Large pot
- 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**

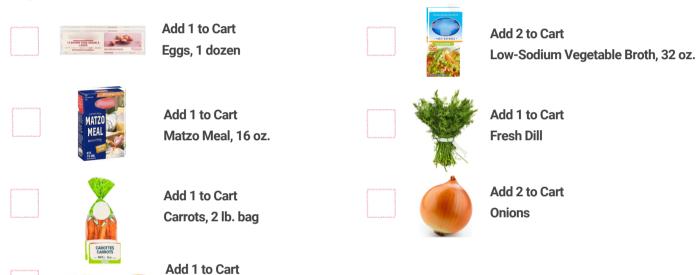
Average total cost of ingredients without oil and seasonings: \$21.16

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**



## **SAVE TIME, SAVE MONEY**

## **Chef's Tips**

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

Parsnips, 1/2 lb.

## **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



**My Cooking Notes**