

Chicken, GF, meatballs, Vegetables, zucchini

# Chicken Meatball Soup with Coconut Milk, Bok Choy and Zucchini

based on an internet recipe, but altered a bit



## MEATBALLS:

- 1 pound ground chicken
- 1 small shallot, chopped
- 1 tablespoon fresh ginger, minced
- 2 teaspoons soy sauce, reduced sodium
- black pepper + kosher salt, to taste
- 1 teaspoon EVOO, for your hands, to make the meatballs easier to roll

## SOUP:

- 2 tablespoons EVOO
- 1 shallot, minced
- 4 cloves garlic, chopped
- 1 whole yellow onion, chopped
- 2 cups bok choy, chopped, or use half the amount of celery, finely diced
- 2 tablespoons red curry paste
- 1 tablespoon curry powder
- 3 cups low sodium chicken broth
- 1 cup sweet potato, peeled, cubed
- 28 ounces coconut milk, use full fat
- 4 cups zucchini, chopped
- 5 cups baby spinach, chopped
- 1/3 cup cilantro, chopped
- toasted chili sesame oil and/or chopped cilantro garnish

*Per Serving (excluding unknown items): 592 Calories; 44g Fat (64.1% calories from fat); 27g Protein; 29g Carbohydrate; 11g Dietary Fiber; 65mg Cholesterol; 391mg Sodium; 11g Total Sugars; 0mcg Vitamin D; 288mg Calcium; 11mg Iron; 1465mg Potassium; 400mg Phosphorus. Exchanges: .*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**

## Servings: 6

1. In a bowl, combine the chicken, one of the shallots, the ginger, soy sauce, a pinch of pepper. Coat your hands with a bit of oil, and roll the meat into small balls, to make about 20-24.
2. Heat the olive oil over medium heat in a large pan. Add the meatballs and sear until crisp, about 4-5 minutes, turning them 2-3 times. Transfer to a bowl or plate.
3. To the same pot, add the curry paste, shallot, ginger, onion and the garlic. Cook until fragrant, about 2 minutes. Stir in the chicken broth, bok choy, zucchini and sweet potatoes. Cover and cook over medium heat until the vegetables are tender, about 10 minutes.
4. Add the coconut milk and spinach. Simmer, uncovered another 5-10 minutes, until thickened slightly. Slide the meatballs back into the soup. Stir in the cilantro. Season with salt.
5. Divide the soup into bowls, with 3-4 meatballs per serving. If desired, drizzle with chili oil and sprinkle with additional cilantro on top. Serve with Naan on the side.