

broccoli, meatballs

Meatball Soup with Yellow Curry and Vegetables

A creation I made with leftovers



Servings: 4

1. In a large nonstick pot (with a lid), add the EVOO and allow it to heat slowly. Add the shallot and onion and allow to saute over med-low heat (do not burn or brown) until wilted. Add the garlic and cook for a minute. Add the yellow curry paste and stir it well into the onion mixture until you don't see any more chunks of it.
2. Add the chicken broth (or use a concentrate + water) and bring it to a simmer, covered.
3. Meanwhile, chop up the celery, broccoli, carrot and herbs and keep them separate. Add the broccoli stems to the soup with the carrot, celery and bring back up to a simmer. Add the meatballs and allow to simmer for about 5-7 minutes. (Note: if you're using raw meatballs, add them earlier so they'll be fully cooked through.) Add the broccoli florets, the dried mint, and half of the fresh mint. Add the coconut milk, scraping the can well to get all the rich cream out of it and into the soup. Taste for seasoning. Bring mixture back up to a simmer again and test the broccoli. If tender, it's ready to serve.
4. Scoop 1+ cup servings into a flat, broad soup bowl and sprinkle top with more fresh mint, cilantro and minced scallions.

- 1/2 pound meatballs, I used lamb, but you can use beef or chicken or pork
- 2 tablespoons EVOO, or other neutral oil
- 1/2 large onion, chopped finely
- 1 medium shallot, minced
- 2 cloves garlic, minced
- 1 1/2 tablespoons yellow curry paste, or more to taste
- 2 1/2 cups low sodium chicken broth
- 1/2 carrot, chopped thinly
- 2/3 cup celery, chopped
- 1 cup broccoli, stems and florets, chopped separately
- 14 ounces coconut milk, full fat
- 2 cups baby spinach, chopped
- 1/2 teaspoon dried mint flakes
- 1/4 cup fresh mint, minced, divided
- 1/4 cup fresh cilantro, chopped, divided
- 4 green onions, minced

Per Serving (excluding unknown items): 357 Calories; 32g Fat (74.4% calories from fat); 8g Protein; 16g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 115mg Sodium; 6g Total Sugars; 0mcg Vitamin D; 100mg Calcium; 4mg Iron; 815mg Potassium; 212mg Phosphorus. Exchanges: 0 Grain(Starch).

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