

Mushroom Soup with Onions, Leeks & Turkey Meatballs

Carolyn T's
Internet
Cookbook

Author: A Carolyn T original

Servings: 8



- 2 tablespoons olive oil
- 2 large yellow onions, diced
- 3 stalks celery, diced
- 2 large garlic cloves, minced
- 2 whole leeks, cleaned, chopped
- 3 small carrots, diced
- 2 quarts chicken broth
- 1 whole bay leaf
- 1 tablespoon celery seed
- 2 teaspoons thyme, fresh or dried
- 1/2 teaspoon red chili flakes
- 1/2 teaspoon cumin seed
- 1 1/2 pounds mushrooms, half sliced, half diced
- 1/3 cup wild rice
- 1/3 cup barley
- 1/2 cup heavy cream
- 1 cup water, or liquid from boiling wild rice and barley
- MEATBALLS:**
- 2 pounds ground turkey, breast meat
- 1/4 cup egg substitute, liquid
- 1/2 teaspoon salt
- 1/4 teaspoon fresh ground black pepper
- 1/3 cup cottage cheese, or crumbled feta
- 2 tablespoons extra virgin olive oil
- 2 tablespoons Italian parsley, minced, for garnish
- Salt and pepper to taste

Serving Ideas: Serve with a nice salad and bread, if desired.

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 449 Calories; 24g Fat (48.6% calories from fat); 32g Protein; 26g Carbohydrate; 5g Dietary Fiber; 111mg Cholesterol; 1097mg Sodium. Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 2 1/2 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.

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Notes: If you like more vegetable variety, add whatever other small or diced veggies you like to the soup when you add the mushrooms and cook until those veggies are nearly cooked before adding the meatballs. Suggestions: green beans, bell peppers (although they will change the flavor somewhat), fennel, parsnips (just a bit, though), white potatoes (but not much), cabbage, cauliflower (no broccoli, though), more celery, peas. The meatball mixture is soft and slimy to work with, but the shapes don't matter all that much. Do your best and fret not. It will taste fine in the soup bowl.

Description: A very comfort soup with wild rice and barley added for texture.

1. Heat olive oil in a large pot and add the onions and celery. Cook, stirring frequently, until onions have become translucent. Add the diced leeks and carrots, and continue cooking for about 10 more minutes. Add the garlic and continue cooking for about one minute only. Pour in chicken broth plus bay leaf, celery seed, thyme, red chile flakes and cumin seed. Bring to a boil and reduce flame to low and simmer for about one hour.
2. Allow soup to cool about an hour if you have time. This helps develop the flavors a bit. Remove half of the contents of the soup pot and using an immersion blender or food processor, puree the half contents and pour back into the pot.
3. In a small saucepan bring water to a boil for the wild rice, using the amount indicated on the jar or box, for the 1/3 cup. If you don't want to have to monitor this constantly, add another half cup of water. Bring back to a boil and reduce heat. Simmer for about 30 minutes or longer until rice is just underdone..Pour contents into the soup pot, including the extra water, if any.
4. In the same pan as you prepared the wild rice do the same for the barley, also cooking it to an underdone texture (you can do both of these together, but the cooking times are different). Add the barley and any extra liquid to the soup pot.
5. Meanwhile, prepare all the mushrooms, chopping some in small mince and the remainder in slices (more texture). Add them to the soup pot and bring the soup back to a simmer and allow to very lightly boil until the mushrooms are cooked through (about 10 minutes). Add heavy cream and reduce heat to BELOW a simmer.
6. **MEATBALLS:** In a medium bowl combine the ground turkey, egg substitute, seasonings, oil and cottage cheese (or other cheese or your choice). Using your hands make small roundish shaped meatballs and very gently drop into the soup pot. Make sure the soup liquid does not boil or the meatballs will fall apart. Carefully push meatballs down through the soup so they're all below the surface and continue heating at BELOW a simmer for 10 minutes. Serve 5 small meatballs into a soup bowl and scoop a cup or two of mushroom soup part in the bowl. Garnish with minced Italian parsley.