# Ginger, Cilantro and Garlic Turkey Meatball Soup

*Dorie Greenspan's recipe from her column in Washington Post, 2015*
*Internet Address: http://www.washingtonpost.com/pb/recipes/ginger-basil-turkey-meatball-soup/14595/*




*From the Washington Post*

2 1/2 quarts low sodium chicken broth

2 large eggs

1/2 cup ricotta cheese (full fat) excess liquid drained

1/2 cup shallots, finely chopped, or onion, rinsed in cold water and patted dry

1/2 cup chopped fresh cilantro, or basil

1/4 cup bread crumbs, plain dried {I used fresh, whizzed in the food processor]

2 cloves garlic, finely chopped

1 teaspoon grated ginger root, peeled, grated

Finely grated zest of 1 lemon

1 teaspoon fine sea salt

1/2 teaspoon freshly ground black pepper

1 pound ground turkey, preferably organic (light or dark meat; may substitute chicken)

8 ounces rice noodles (dried) such as Taste of Thai straight-cut thin rice noodles (you can opt to not use it all)

4 cups vegetables, sliced and/or shredded mixed vegetables, such as carrots, onions, broccoli, sugar snaps or snow peas, mushrooms, cabbage, mustard greens, kale and spinach

Kosher salt

Freshly ground black pepper

1/3 cup fresh herbs, chopped, such as cilantro, basil, parsley and/or mint, for serving

Sriracha (optional)

Soy sauce (optional)

Toasted sesame oil to drizzle on top (optional)

Chicken/Poultry, Soups

Carolyn T's Blog - Tasting Spoons
http://tastingspoons.com

**Servings: 6**

1. For the meatballs: Bring the broth to a boil in a large pot over medium-high heat, then cover the pot and reduce the heat to medium-low while you put the meatball mixture together.
2. Use a fork to break up and lightly beat the eggs in a large bowl. Add the ricotta, shallots or onion, cilantro or basil, bread crumbs, garlic, ginger, lemon zest, salt and pepper, stirring to blend. Add the ground meat; use the fork and then your clean hands to turn and gently combine the mixture, which will be sticky.
3. Use a medium cookie scoop (one with a capacity of about 1 1/2 tablespoons) -- my favorite tool for this -- or a tablespoon measure to scoop out 24 to 30 portions. Roll them between your palms to shape into meatballs.
4. Uncover the pot of broth; drop in the meatballs, adjusting the heat as needed so the broth barely bubbles at the edges; cook for about 10 minutes, turning the meatballs over once, until cooked through. (Depending on the size of your pot, you might have to do this in batches.) Use a slotted spoon to transfer the meatballs to a large bowl. The meatballs sink to the bottom when first added; as they cook they rise to the top.
5. After the meatballs are done, the broth will be a little murky. If you'd like it to be clearer (I always do), line a strainer with dampened cheesecloth (or a triple layer of dampened paper towels) and pour the broth through. Rinse out the pot and return the broth to it.
6. For the soup: Put the rice noodles in a large bowl and cover them with very hot tap water. Soak for 20 minutes, replacing the water after 10 minutes.
7. Bring a large pot of water to a boil over high heat. Just before you're ready to serve the soup, drop in the soaked noodles; cook until tender, about 4 minutes (but NOT any longer than that). Drain. (This step will help prevent the noodles from absorbing too much of the soup broth.)
8. Meanwhile, reheat the broth over medium-high heat; once it comes to a boil, reduce the heat to medium. Drop in the cooked meatballs; let them warm through for 5 minutes, then stir in the 4 cups of vegetables and cook for 5 minutes or until they are tender. (If you're using carrots, they'll remain slightly firm.) Taste, and season with salt and pepper as needed.
9. Divide the noodles among deep soup bowls. Ladle over the broth, meatballs and vegetables. Scatter the herbs on top, and, if you'd like, let everyone have a go at the Sriracha, soy sauce, toasted sesame oil or olive oil. Serve hot.

Per Serving (excluding unknown items): 422 Calories; 11g Fat (23.4% calories from fat); 37g Protein; 43g Carbohydrate; 1g Dietary Fiber; 141mg Cholesterol; 1381mg Sodium. Exchanges: 2 1/2 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.