



Lunch Recipe: Albondigas Soup

Ingredients

1 whole onion (chopped)
3 cloves of garlic (chopped)
2 green squash (chopped)
2 yellow squash (chopped)
1 large potato (chopped)
2 carrots (chopped)
4 stalks of celery (chopped)
1 bunch of cauliflower (chopped)
1 bunch of cilantro (chopped)
1 bunch of kale (chopped)
½ cup of mushrooms (chopped)
1 carton of organic chicken stock
Life is a Recipe® Garam Masala
½ jar of organic marinara pasta sauce
1 lb organic ground turkey
1 egg
garlic salt (to taste)

Instructions

1. In a pot, fry the onion and the garlic together. When they have become translucent, add in all the chopped vegetables.
2. Stir the vegetables for a few minutes and allow them to cook.
3. Add in the chicken stock.
4. Next, add in pasta sauce.
5. In a separate bowl, add the uncooked ground turkey. Sprinkle in garlic salt.
6. Whisk one egg and pour over ground turkey. Mix.
7. Form tablespoon sized scoops and roll into balls. Add the meatballs into the boiling soup.
8. When the meatballs are almost cooked, add in the cilantro. Serve. Garnish with cilantro.