



GLUTEN FREE ITALIAN WEDDING SOUP

INGREDIENTS:

MEATBALLS:

16 oz. of ground turkey
1 small onion, finely diced
1 TBS. dried oregano
1 egg
1 tsp. garlic, minced
1 slice of toasted gluten free bread - cut into very tiny pieces. I used Sami's Bakery Chia Bread
1/2 cup Parmesan cheese
Salt and Pepper

DIRECTIONS FOR MEATBALLS:

Combine all the above ingredients really well - use your hands and really mix it up - then form into balls. I opted to make 1 inch balls, but I believe this is a little large for in a soup. Jack had difficulty cutting them in his bowl, and they were too big for a single bite. Set aside.

SOUP INGREDIENTS:

12 cups of chicken stock.
1 pound of curly endive, washed, and rough chopped
8 - 10 sun dried tomatoes, sliced
2 large eggs
3 TBS Parmesan cheese
Salt and Pepper

DIRECTIONS FOR SOUP:

Heat stock to a boil. Add in tomatoes.

Add in meatballs, then endive, bring to a boil, reduce to a simmer, and cook for about 10 minutes, or until meatballs are cooked through.

When meatballs are cooked through, mix eggs and parmesan together, and while stirring soup slowly, drizzle egg/parmesan mixture into broth and allow hot liquid to cook the eggs.

Adjust your seasoning with salt and pepper.

Serve. *You may want a little extra parmesan cheese sprinkled on the top for a garnish.