



**Asian Meatball Soup Bowl** (Make Ahead Recipe)  
*Ground turkey flavored with a moist garlic, ginger panade*

**Meatball Panade:**

- 1 large egg
- 1/2 cup panko breadcrumbs
- 1 teaspoon grated peeled fresh ginger
- 1 lime, zest and juice, divided
- 1/2 cup cilantro, rinsed, chopped

**Turkey:**

- 1 Tablespoon coconut oil
- 1/2 cup (about 113 grams) finely chopped onion, rinsed and patted dry
- Fine sea salt to taste
- Freshly ground pepper to taste
- 4 ounces shiitake mushrooms, stem discarded, chopped
- 2 garlic cloves, germ removed, minced
- 1 pound (454 grams) organic ground turkey
- 3/4 cup Panko breadcrumbs
- Cooking oil or cooking oil spray as needed

## **Soup Bowls**

6 to 8 cups chicken broth  
3 cups sliced peeled carrots  
4 ounces shiitake mushrooms, stems discarded, coarsely torn  
1 cup sliced red onions  
2 cups torn fresh kale  
1 Tablespoon soy sauce  
1 teaspoon rice vinegar  
2 teaspoons sesame oil  
1/3 cup chopped fresh cilantro herbs  
8 ounces linguine rice noodles, prepared

**Garnish:** Sesame seeds as desired

**Serve with** additional: soy sauce, sesame oil, or hot sauce

**Prepare Panade:** Place egg in medium sized bowl; whisk lightly. Stir in breadcrumbs, ginger, lime zest, and cilantro; set aside to soften.

**Brown Onions and Mushrooms:** Heat oil in cast iron skillet, sauté onion, season lightly with salt and black pepper; stir occasionally until light brown about 5 minutes; add chopped mushrooms; cover; cook 5 minutes; stir once. Add minced garlic, cook over medium heat 1 minute. Remove from heat; set aside to cool.

**Prepare Meatballs:** Put the panade in a large bowl; add the onions and mushrooms. stir with a fork to break it up. Add the turkey; toss and mix gently to blend ingredients.

**Form Meatballs:** Using rounded Tablespoon scoop, form into 18 round meatballs. Roll meatballs into dry breadcrumbs to coat. Place on prepared baking pan so they are not touching.

**Bake Meatballs:** Spray tops of the meatballs with olive oil spray. Bake in preheated 375-degree F oven for 15 to 20 minutes or internal temperature is 165-degree F. Turn once during baking. Remove from oven, rest 5 minutes. Loosen meatballs in pan. Set meatballs aside to stay warm.

**Make the Soup:** Bring the broth and carrots to a boil in soup pot, boil until beginning to soften, add the mushrooms and onions; cook at medium heat for about 10 minutes and vegetables are soft. Stir in the kale, soy sauce, vinegar, and sesame oil; simmer 5 minutes. Stir in cilantro. Season to taste with additional soy sauce, sesame oil, or hot sauce.

**Make the Noodles:** Bring a large pot of water to a boil. Drop in the rice noodles and cook for 4 minutes, then drain and transfer the noodles to a large serving bowl.

**To Serve;** Ladle the vegetables and some of the broth over the noodles in the serving bowl. Top with the meatballs, lightly stirring arranged ingredients together. Sprinkle

fresh cilantro and sesame seeds over the platter; serve with the soy sauce, sesame oil, vinegar, and hot sauce.

**Recipe Inspired by:** Dorie Greenspan for *Gingered Turkey Meatball Soup* in her book, *Everyday Dorie*

**About the Recipe:** This recipe can be tweaked to include the vegetables and type of noodles that you love. The meatballs are full of ginger, garlic, and herb flavor. The broth is simple and flavors the noodles with savory vegetables. I love the recipe since it can be prepared ahead of time and the noodles only take 4 minutes to cook. Don't you just love one-bowl meals?