

Vegetarian Matzo Ball Soup

Rating: ★★★★★

Makes: 6 Servings

Ingredients

Ingredients for Matzo Balls:

- 2 eggs, lightly beaten
- 2 **tablespoons** olive oil
- 1/8 **cup** vegetable broth
- 1/2 **cup** unsalted matzo meal
- 1 **tablespoon** fresh dill
- 1/2 **teaspoon** salt (optional)

Ingredients for Broth:

- 6 **cups** vegetable broth, low-sodium
- 4 carrots (cut into 1/4 inch slices)
- 2 onions, coarsely chopped
- 1 1/2 **cups** parsnips, sliced (medium)
- 3 **tablespoons** fresh dill
- salt and pepper (to taste, optional)

Directions

To Make Matzo Balls: 1. Stir together eggs, oil, and vegetable stock in a small bowl. Add matzo meal, dill, and salt. Stir until evenly combined. Cover and refrigerate 15 minutes to 8 hours.

2. Bring large pot of water to a boil; add a dash of salt. Using olive oiled hands, form dough into 12 1-inch balls.
3. Drop the balls one at a time into the boiling water. Reduce heat and simmer for 30 minutes.

To Make Soup: 1. While matzo balls are simmering, make soup by adding all ingredients and bringing to a boil.

2. Reduce heat and simmer for 20 minutes.
3. To serve, spoon 2 cooked matzo balls into a bowl and

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	190	
Total Fat	7 g	11%
Protein	5 g	
Carbohydrates	29 g	10%
Dietary Fiber	5 g	20%
Saturated Fat	1 g	5%
Sodium	330 mg	14%

ladle 1 cup of soup over them.

Notes

Recipe cost can be reduced by substituting dried dill for fresh dill.

Boston University. Sargent Choice Nutrition Center. Sargent Choice Blog.