

Carrot Soup with Turkey Meatballs and Spinach

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Servings: 4

2 tablespoons olive oil
2 pounds carrots, chopped
1 large onion, chopped
4 cloves garlic, smashed
Kosher salt
1 pinch red pepper flakes
4 cups chicken, turkey or vegetable broth
2 cups baby spinach leaves, sliced
FOR MEATBALLS
1/2 pound ground turkey
1/4 cup Parmesan or pecorino cheese, grated
1/4 cup bread crumbs
2 tablespoons milk (or water)
1 clove garlic, minced
Kosher salt
freshly ground pepper

Preparation Time: 50 minutes

Make the soup: Warm the oil in a large pot over medium heat. Add the carrots, onion, garlic, 1/2 teaspoon of salt and the red pepper flakes. Saute', stirring, until the vegetables begin to brown, about 15 minutes.

Stir in the broth, scraping up any bits stuck to the bottom of the pot. Cover the pot and simmer until the carrots are tender, stirring occasionally, about 30 minutes.

Meanwhile, make the meatballs: Mix all of the ingredients in a medium bowl. Season with salt and pepper. Roll into one-inch balls, spreading them out on a platter.

Puree' the soup in a blender, or with an immersion blender, until smooth. If using a blender, return the soup to the pot. Bring to a simmer.

Add the meatballs and let simmer until the meatballs are cooked through, about 10 minutes. Add the spinach and simmer until wilted, about 1 minute.

Season the servings with salt and pepper to taste.

Start to Finish Time: 1 hour

Per Serving (excluding unknown items): 274 Calories; 12g Fat (39.4% calories from fat); 13g Protein; 29g Carbohydrate; 7g Dietary Fiber; 45mg Cholesterol; 184mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 4 1/2 Vegetable; 1 1/2 Fat.

Per Serving Nutritional Analysis

| | |
|--------------------------------|------------|
| Calories (kcal): | 274 |
| % Calories from Fat: | 39.4% |
| % Calories from Carbohydrates: | 41.5% |
| % Calories from Protein: | 19.2% |
| Total Fat (g): | 12g |
| Saturated Fat (g): | 2g |
| Monounsaturated Fat (g): | 7g |
| Polyunsaturated Fat (g): | 2g |
| Cholesterol (mg): | 45mg |
| Carbohydrate (g): | 29g |
| Dietary Fiber (g): | 7g |
| Protein (g): | 13g |
| Sodium (mg): | 184mg |
| Potassium (mg): | 858mg |
| Calcium (mg): | 90mg |
| Iron (mg): | 2mg |
| Zinc (mg): | 2mg |
| Vitamin C (mg): | 22mg |
| Vitamin A (i.u.): | 56834IU |
| Vitamin A (r.e.): | 5682 1/2RE |

| | |
|---------------------|-------|
| Vitamin B6 (mg): | .6mg |
| Vitamin B12 (mcg): | .2mcg |
| Thiamin B1 (mg): | .3mg |
| Riboflavin B2 (mg): | .2mg |
| Folacin (mcg): | 45mcg |
| Niacin (mg): | 4mg |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Deficient: | 0 0% |

Food Exchanges

| | |
|----------------------|-------|
| Grain (Starch): | 1/2 |
| Lean Meat: | 1 1/2 |
| Vegetable: | 4 1/2 |
| Fruit: | 0 |
| Non-Fat Milk: | 0 |
| Fat: | 1 1/2 |
| Other Carbohydrates: | 0 |

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 274 Calories from Fat: 108

% Daily Values*

| | | |
|----------------------------|-------|-------|
| Total Fat | 12g | 19% |
| Saturated Fat | 2g | 12% |
| Cholesterol | 45mg | 15% |
| Sodium | 184mg | 8% |
| Total Carbohydrates | 29g | 10% |
| Dietary Fiber | 7g | 27% |
| Protein | 13g | |
| Vitamin A | | 1137% |
| Vitamin C | | 36% |
| Calcium | | 9% |
| Iron | | 13% |

* Percent Daily Values are based on a 2000 calorie diet.