

Chicken Matzo Ball Soup

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Servings: 8

*1 package (4.5 ounce)
matzo ball soup mix
2 large eggs
4 tablespoons canola oil,
divided
2 pounds boneless/ skinless
chicken thighs
2 cups crinkle cut carrots
1 package (10 ounce)
frozen onion, celery, bell
pepper, parsley blend, diced
4 cups no-salt-added
chicken stock or broth
2 cups water
3 tablespoons fresh dill,
finely chopped*

Preparation Time: 30 minutes

In a medium bowl, combine the matzo ball packet (from soup mix), eggs, one tablespoon soup base seasoning (from soup mix), and two tablespoons of oil. Stir until combined. Chill for 15 minutes.

Meanwhile, preheat a four-quart saucepan on medium-high for 2 to 3 minutes. Cut the chicken into one-inch chunks (wash hands). Add the remaining two tablespoons of oil, chicken, carrots and vegetables to the pan. Cook for 4 to 5 minutes, stirring occasionally, until the chicken has lightly browned. Add the stock, water and two tablespoons of soup base seasoning (from soup mix). Reduce the heat to medium-low. Cover and simmer for 10 minutes.

Wet hands and form the matzo mixture into one-inch balls (about 16). Gently drop the matzo balls into the soup. Cover and simmer for 13 to 15 minutes more or until the matzo balls have puffed and the chicken is 165 degrees. Chop the dill and stir into the soup. Serve.

Per Serving (excluding unknown items): 79 Calories; 8g Fat (91.5% calories from fat); 2g Protein; trace Carbohydrate; trace Dietary Fiber; 53mg Cholesterol; 19mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 1 1/2 Fat.