

Studio 5

Friday, December 1, 2006

“Mushroom Meatball Soup”

Becky Low

Dairy Farmers of Utah

Ingredients:

- 1 pound mini cooked meatballs (approx. 36)*
- 1/2 cup chopped onion
- 3 tablespoons butter
- 6 tablespoons flour
- 12 cups reduced sodium beef broth
- 1 1/2 pounds sliced fresh mushrooms
- 4 ounces Parmesan cheese
- Snipped fresh parsley, optional garnish

Do Ahead:

1. As needed, prepare meatballs and cook according to recipe or package directions. Refrigerate until ready to use (up to 5 days), or freeze for later.
2. Sauté chopped onion in butter until soft and transparent. Stir flour into onions and continue to cook over low heat 1-2 minutes, stirring. Refrigerate until ready to use (up to 5 days), or continue with recipe.

Last Minute Prep:

1. In 3 quart saucepan or Dutch oven, warm onions and flour; gradually stir broth into onions. Add cooked meatballs and sliced fresh mushrooms; bring to a boil; reduce heat to simmer, cover and simmer 5 minutes.
2. Top with grated or shaved Parmesan cheese. Garnish with snipped fresh parsley.

NOTES:

Serve this easy make-a-head soup for quick holiday dinner or as a delightful addition to a holiday party buffet. Recipe serves 12

* Meatballs may be purchased commercially or, use recipe below. Meatball recipe was demonstrated on KSL TV Studio 5, November 3, 2006. Makes 72 meatballs (approximately 2 pounds mini meatballs) Half the time of cooking is spent in set-up and clean-up. Save time by making a double or triple batch at one time. Freeze cooked meatballs in batches of 1 pound each. Freeze in quart freezer bags; label and date freezer containers. When ready to use, thaw and use meatballs in favorite recipes.

- 2 pounds ground meat
- 1/2 cup crumbs
- 2 tablespoons dried onion
- 1 teaspoon salt (more or less to taste)
- 2-3 cloves crushed garlic
- 1 teaspoon Worcestershire sauce
- 2 eggs
- 1-2 teaspoons seasoning, optional

Preheat oven to 400^o F. Line large cooking sheet with parchment, or lightly grease.

Combine all ingredients and mix well. Shape into 72 (1-inch) meatballs. Place on prepared baking sheet. Bake approximately 25 minutes or until cooked through. Freeze meatballs for quick dinner later or use immediately. Approximately 36 (1-inch) meatballs equal 1 pound

Nutrition Facts

Serving Size 1 1/4 cups soup
 Servings Per Container 10

Amount Per Serving

Calories 250 Calories from Fat 130

% Daily Value*

Total Fat 14g **22%**

Saturated Fat 7g **34%**

Cholesterol 65mg **21%**

Sodium 980mg **41%**

Total Carbohydrate 11g **4%**

Dietary Fiber less than 1 gram **4%**

Sugars 1g

Protein 19g

Vitamin A 4% • Vitamin C 6%

Calcium 15% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4