



MEATBALL CABBAGE SOUP

A GERD-Friendly Recipe

INGREDIENTS

MEATBALLS

- 1 lb of ground turkey
- 1-2 tbsp of finely chopped fresh parsley (1-2 tsp of dried parsley)
- 1 tsp of salt
- 1/2 tsp each of onion and garlic powder
- 1/4 tsp of ground pepper

SOUP

- 1 tsp garlic infused olive oil
- 3 medium carrots, sliced
- 3 celery stalks, sliced
- 2 tsp of salt
- 1/2 tsp each of garlic powder and onion powder
- 6 cups of chicken or vegetable broth
- 4 cups of water
- 1 lb small red potatoes, chopped
- 1/2 a small cabbage, sliced
- ground pepper to taste
- fresh parsley, optional

DIRECTIONS

1. Heat the oil in a large stockpot over medium heat. Add celery, carrots, garlic powder, onion powder, and salt. Cook until vegetables are tender and slightly browned.
2. Add broth and water and bring to a boil.
3. While you're waiting for the broth to boil, combine all of the ingredients for the meatballs. Mix (without overmixing) and roll into 2-inch meatballs. Bake on a lined cookie sheet for 15 minutes at 375 F, or until meatballs reach an internal temperature of 165 F.
4. Once the broth is boiling, add potatoes and cook for 15 minutes. Reduce heat and add cabbage. Simmer until the cabbage and potatoes are tender. Carefully add meatballs with a spoon.
5. Season with salt and pepper to taste and top with fresh parsley.