



Barbara's Picks!

Kitchen-tested by Morden's
own Barbara Dixon

Morden's Organic Farm Store

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Turkey Meatball Soup

3 cups chicken broth
2 green onions, sliced
1 each carrot and celery rib, sliced
¼ tsp each dried thyme and pepper
1 sweet red pepper, chopped
1 cup vermicelli egg noodles
½ cup frozen peas, thawed

Meatballs:

1 egg
¼ cup grated onion
¼ cup grated parmesan cheese
2 tbsp minced fresh parsley
¼ tsp each salt and pepper
1 lb lean ground turkey

Meatballs:

1. In a bowl, combine egg, onion, Parmesan cheese, parsley, salt and pepper; mix in turkey. Shape by 1 tbsp into balls
2. Bake on greased baking sheet in 400 F oven, about 15 minutes
3. Meanwhile, in large saucepan, bring broth and 3 cups of water to boil. Add green onions, carrot, celery, pepper and thyme; reduce heat, cover and simmer for 10 minutes
4. Add red pepper, egg noodles and meatballs; simmer, covered, until pasta is al dente, about 5 minutes
5. Add peas and heat through

Makes 4 - 6 servings