

# Vegetarian Matzo Ball Soup

From the U.S. Department of Agriculture

<https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/vegetarian-matzo-ball-soup>

*Note: Recipe cost can be reduced by substituting dried dill for fresh dill.*

## Ingredients

### *Matzo Balls*

- 2 eggs, lightly beaten
- 2 tablespoons olive oil
- 2 cups low sodium vegetable broth
- ½ cup unsalted whole wheat/whole grain matzo meal
- 3 tablespoons fresh dill
- ½ teaspoon salt (optional)

### *Broth*

- 6 cups low sodium vegetable broth
- 4 carrots, cut into ¼ inch slices
- 2 onions, coarsely chopped
- 2 cups parsnips, sliced
- 3 tablespoons fresh dill
- Salt and pepper to taste (optional)

## Instructions

### *To make matzo balls*

1. Stir together eggs, oil and vegetable stock in a small bowl. Add matzo meal, dill and salt. Stir until evenly combined. Cover and refrigerate 15 minutes to eight hours.
2. Bring large pot of water to boil; add a dash of salt. Rub olive oil on hands, then form dough into 12 1-inch balls.
3. Drop the balls one at a time into the boiling water. Reduce heat and simmer for 30 minutes.

### *To make soup*

1. While matzo balls are simmering, make soup by adding all ingredients and bringing to a boil.
2. Reduce heat and simmer for 20 minutes.
3. To serve, spoon 2 cooked matzo balls into a bowl and ladle one cup of soup over them.

**Makes 6 servings**

**Nutrition information per serving**

Calories: 170	Dietary Fiber: 4g
Total Fat: 6g	Sodium: 143 mg
Saturated Fat: 1g	Protein: 4g
Cholesterol: 55mg	Carbohydrates: 25g