



WHATSheATE



HEALTH SCORE

51%

Caramelized Vegetable and Meatball Soup



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



6

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1.5 teaspoons pepper black divided freshly ground



1 small butternut squash peeled seeded



2 large carrots peeled



1 eggs lightly beaten



1 large head fennel bulb for garnish cut into 1/4-in. slices (reserve feathery fronds)



1 tablespoon fennel seeds



15 garlic cloves peeled



1 pound pd of ground turkey (not breast only)

- ☐ 2.5 teaspoons kosher salt divided
- ☐ 2 large leeks rinsed cut into 1/4-in. slices and
- ☐ 8 cups chicken broth homemade reduced-sodium
- ☐ 0.3 cup olive oil divided
- ☐ 2 large parsnips peeled
- ☐ 3 medium yukon gold potatoes peeled

Equipment

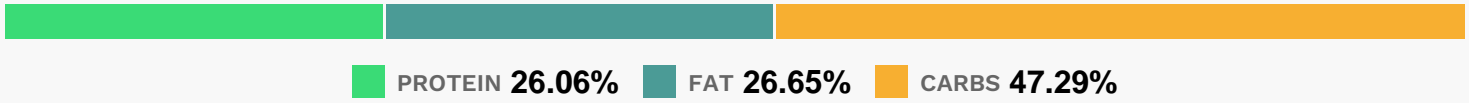
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ roasting pan

Directions

- ☐ Preheat oven to 425 and arrange racks in upper and lower thirds of oven.
- ☐ Cut squash, potatoes, carrots, and parsnips into 1-in. pieces and put in a large oiled roasting pan; add garlic. Toss with 2 1/2 tbsp. olive oil, 1 1/2 tsp. salt, and 1 tsp. pepper and spread out in a single layer, leaving as much room as possible around the pieces. Roast vegetables on lower rack about 40 minutes, or until browned and tender (stir after they've browned underneath, about 25 minutes).
- ☐ Meanwhile, make meatballs: With wet hands, mix turkey, fennel seeds, egg, 1 tsp. salt, and 1/2 tsp. pepper together in a small bowl. Oil your hands with some of remaining oil. Shape turkey mixture into 1-in. meatballs and set them on an oiled rimmed baking sheet as you go, using more oil as needed to coat them well. Roast meatballs on upper rack 15 to 20 minutes, turning a couple of times to brown well on all sides.
- ☐ Heat 1 tbsp. olive oil in a large pot over medium-high heat.
- ☐ Add leeks and fennel, season with salt and pepper to taste, and cook until softened, about 5 minutes.
- ☐ Pour in broth and bring to a boil over high heat, covered. Lower heat and simmer vegetables until meltingly soft, about 25 minutes.

- ☐ When vegetables in oven have caramelized and meatballs are browned, remove both from oven.
- ☐ Transfer meatballs to roasting pan.
- ☐ Pour a ladleful of hot broth into baking sheet and scrape up browned bits; pour into roasting pan along with all contents of pot and gently scrape up vegetables' browned bits. Return to oven and bake 5 minutes to let flavors mingle.
- ☐ Serve with hunks of warm bread.
- ☐ *For a recipe, go to [sunset.com/chickenbroth](https://www.sunset.com/chickenbroth).

Nutrition Facts



Properties

Glycemic Index:53.6, Glycemic Load:17.82, Inflammation Score:-10, Nutrition Score:38.153477886449%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 441.42kcal (22.07%), Fat: 13.84g (21.3%), Saturated Fat: 2.55g (15.94%), Carbohydrates: 55.27g (18.42%), Net Carbohydrates: 45.27g (16.46%), Sugar: 10.23g (11.37%), Cholesterol: 68.86mg (22.95%), Sodium: 1172.79mg (50.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.46g (60.92%), Vitamin A: 17908.7IU (358.17%), Vitamin C: 63.98mg (77.56%), Vitamin B3: 15.14mg (75.68%), Vitamin B6: 1.4mg (70.06%), Vitamin K: 62.6µg (59.62%), Manganese: 1.19mg (59.35%), Potassium: 1840.96mg (52.6%), Phosphorus: 462.33mg (46.23%), Fiber: 10g (39.99%), Selenium: 22.45µg (32.08%), Magnesium: 127.41mg (31.85%), Folate: 125.85µg (31.46%), Vitamin E: 4.67mg (31.15%), Copper: 0.57mg (28.3%), Iron: 4.61mg (25.63%), Vitamin B1: 0.35mg (23.1%), Vitamin B5: 2.09mg (20.89%), Vitamin B2: 0.33mg (19.61%), Zinc: 2.78mg (18.55%), Calcium: 180.73mg (18.07%), Vitamin B12: 0.77µg (12.76%), Vitamin D: 0.45µg (2.99%)