



# Greek Lamb-and-Artichoke Soup

 Dairy Free

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READY IN

ready

45 min.

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SERVINGS

servings

7

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CALORIES

calories

598 kcal

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LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 28 ounce artichoke hearts drained quartered canned
- ☐ 2 bay leaves
- ☐ 1 cup breadcrumbs fresh
- ☐ 30 ounce cannellini beans beans white drained canned
- ☐ 2 cups rice cooked
- ☐ 2 teaspoons optional: dill dried
- ☐ 2 eggs
- ☐ 1 fennel bulb quartered

- ☐ 2 garlic cloves minced
- ☐ 1.5 pounds lamb lean
- ☐ 3 medium leeks trimmed halved
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 medium onion peeled halved
- ☐ 0.5 teaspoon ground oregano
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sacramento tomato juice
- ☐ 10 cup water

## Equipment

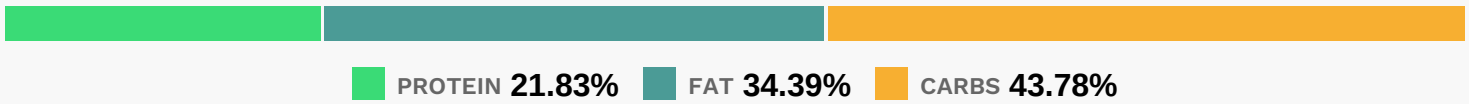
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ dutch oven
- ☐ colander

## Directions

- ☐ Combine the first 5 ingredients in a large Dutch oven or stockpot; bring to a boil. Partially cover, reduce heat, and simmer 45 minutes.
- ☐ Remove from heat, and set aside.
- ☐ Combine the lamb and next 7 ingredients (lamb through garlic) in a bowl, and stir well. Shape the mixture into 24 (1 1/4-inch) meatballs.
- ☐ Place a large nonstick skillet over medium-high heat until hot.
- ☐ Add meatballs, and cook 10 minutes or until browned, stirring frequently.
- ☐ Remove from skillet, and pat dry with paper towels; set aside, and keep warm.

- ☐
- Strain stock through a colander into a large bowl; discard solids. Reserve 2 cups stock; set aside. Return remaining stock to pan, and bring to a boil; add meatballs, rice, lemon juice, beans, and artichokes. Return to a boil, and reduce heat to low.
- ☐
- Place eggs in a bowl; stir well. Gradually add reserved 2 cups stock, stirring constantly with a wire whisk.
- ☐
- Slowly drizzle egg mixture into soup, stirring constantly.
- ☐
- Note: Reheat the soup over medium-low heat (do not boil) so the egg does not curdle.

Nutrition Facts



Properties

Glycemic Index:48.9, Glycemic Load:22.62, Inflammation Score:-8, Nutrition Score:22.076521474382%

Flavonoids

Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg Hesperetin: 1.68mg, Hesperetin: 1.68mg, Hesperetin: 1.68mg, Hesperetin: 1.68mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg

Nutrients (% of daily need)

Calories: 598.39kcal (29.92%), Fat: 22.89g (35.21%), Saturated Fat: 10.42g (65.11%), Carbohydrates: 65.55g (21.85%), Net Carbohydrates: 54.84g (19.94%), Sugar: 6.64g (7.38%), Cholesterol: 117.72mg (39.24%), Sodium: 842.17mg (36.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.69g (65.37%), Manganese: 1.32mg (65.95%), Vitamin K: 45.1µg (42.95%), Fiber: 10.71g (42.83%), Iron: 7.45mg (41.42%), Folate: 145.4µg (36.35%), Potassium: 913.47mg (26.1%), Copper: 0.51mg (25.45%), Magnesium: 101.62mg (25.4%), Phosphorus: 222.33mg (22.23%), Vitamin B1: 0.33mg (21.84%), Vitamin C: 17.85mg (21.64%), Calcium: 202.2mg (20.22%), Selenium: 13.97µg (19.96%), Vitamin A: 849.41IU (16.99%), Vitamin B6: 0.34mg (16.96%), Zinc: 2.2mg (14.66%), Vitamin B2: 0.21mg (12.17%), Vitamin E: 1.77mg (11.81%), Vitamin B3: 1.89mg (9.43%), Vitamin B5: 0.9mg (8.96%), Vitamin B12: 0.17µg (2.76%), Vitamin D: 0.25µg (1.68%)