



Three-bean Soup with Turkey Meatballs and Dijon Mustard Dumplings

 Very Healthy

READY IN



65 min.

SERVINGS



6

CALORIES



1018 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound ground turkey meat
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 cup barley
- ☐ 2 quarts beef stock
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 cups broken-up bread white dry
- ☐ 1 tablespoon butter

- ☐ 1 can kidney beans drained and rinsed
- ☐ 1 can roman beans drained and rinsed
- ☐ 1 large carrots diced
- ☐ 2 sticks celery diced
- ☐ 1 tablespoon dijon mustard
- ☐ 2 large eggs well beaten
- ☐ 2 cups flour all-purpose
- ☐ 6 servings flour
- ☐ 0.5 cup golden raisins
- ☐ 1 cup milk
- ☐ 1 tablespoon olive oil
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 0.8 cup onion diced
- ☐ 2 cups onion diced
- ☐ 0.5 cup orange lentils
- ☐ 2 tablespoons freshly parsley leaves chopped
- ☐ 0.5 cup pinenuts toasted
- ☐ 0.5 teaspoon salt
- ☐ 1 cup vegetable oil
- ☐ 0.8 cup water

Equipment

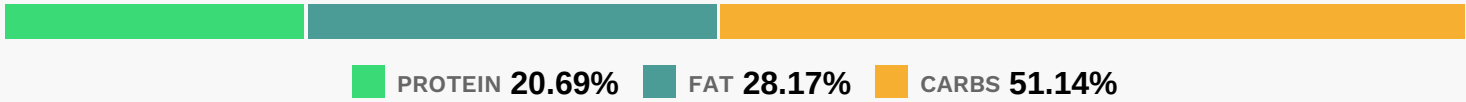
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ mixing bowl
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Add the olive oil and butter in a Dutch oven and place over medium heat.
- ☐ Saute the onions, carrots and celery for 5 minutes.
- ☐ In a saucepan add beef stock and bring to the boil on a medium heat, once the vegetables have softened add the simmering stock to the Dutch oven. (We should never add a cold liquid to an already heated pot as it dramatically drops the heat and slows down the cooking process.)
- ☐ As the stock is at temperature, add the lentils, barley and stir the broth.
- ☐ Place the lid back on and let the mixture cook for 5 minutes. Then add the drained and rinsed beans and cook for an additional 5 minutes.
- ☐ Add the browned turkey meatballs to the stock. Meanwhile, begin making your dumplings.
- ☐ In a mixing bowl add the flour, salt, baking powder and Dijon mustard. Sparingly add the water to the mixture and fold mixture until it forms a dough. With 2 tablespoons mold your dumplings 2 inches in diameter then drop them into the already simmering turkey meatballs and bean soup. Cook together for an additional 25 minutes with the lid on. Once the dumplings have risen and expanded, serve!
- ☐ In a heated skillet add olive oil and onions. Slightly cook them for about 5 minutes (we want the onions softened not colored).
- ☐ Place into a bowl and let cool.
- ☐ Take the 2 cups of broken up bread and place into a bowl with the milk.
- ☐ Let the bread soak for 5 minutes. Squeeze and drain the bread then place it into a large mixing bowl.
- ☐ Add the turkey meat, beaten eggs, chopped parsley, salt, black pepper, golden raisins and toasted pine nuts.
- ☐ Fold all ingredients together. Do not over work the turkey meat.
- ☐ Fill a Dutch oven with vegetable oil and place on low heat. Dust a baking sheet with about an inch of flour.
- ☐ In your hands scoop up a two-finger portion of the turkey mixture and with the palm of your hands shape the balls a little larger than a golf ball. As you make the balls add them to the baking tray with the flour and roll them until evenly coated.
- ☐ Carefully add the meatballs to the oil and brown for about 6 minutes.

- ☐ Transfer turkey meatballs to a plate and set aside for bean soup.
- ☐ Pour excess oil into a bowl.

Nutrition Facts



Properties

Glycemic Index:134.11, Glycemic Load:61.73, Inflammation Score:-10, Nutrition Score:52.380869637365%

Flavonoids

Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Hesperetin: 4.09mg, Hesperetin: 4.09mg, Hesperetin: 4.09mg Naringenin: 2.3mg, Naringenin: 2.3mg, Naringenin: 2.3mg, Naringenin: 2.3mg Apigenin: 3.27mg, Apigenin: 3.27mg, Apigenin: 3.27mg, Apigenin: 3.27mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 15.33mg, Quercetin: 15.33mg, Quercetin: 15.33mg, Quercetin: 15.33mg

Nutrients (% of daily need)

Calories: 1017.72kcal (50.89%), Fat: 32.4g (49.84%), Saturated Fat: 6.27g (39.22%), Carbohydrates: 132.31g (44.1%), Net Carbohydrates: 114.2g (41.53%), Sugar: 22.72g (25.24%), Cholesterol: 113.48mg (37.83%), Sodium: 1846.58mg (80.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.54g (107.08%), Manganese: 3.04mg (152.1%), Selenium: 74.27µg (106.1%), Vitamin B3: 19.62mg (98.11%), Phosphorus: 796.5mg (79.65%), Vitamin B1: 1.17mg (78.05%), Fiber: 18.11g (72.45%), Folate: 287.11µg (71.78%), Vitamin B2: 1.14mg (67.15%), Vitamin B6: 1.29mg (64.67%), Iron: 10.61mg (58.95%), Vitamin K: 59.31µg (56.48%), Potassium: 1865.87mg (53.31%), Magnesium: 200.58mg (50.15%), Vitamin A: 2454.99IU (49.1%), Copper: 0.92mg (45.8%), Zinc: 5.76mg (38.41%), Calcium: 328.27mg (32.83%), Vitamin B5: 2.43mg (24.3%), Vitamin C: 18.14mg (21.98%), Vitamin E: 3.26mg (21.75%), Vitamin B12: 0.76µg (12.62%), Vitamin D: 1.08µg (7.22%)