



Asian Meatball Soup



SERVINGS



COOKING TIME

6 (1-Cup Each)

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Infused with Asian inspired flavors, Asian Meatball Soup is a broth-based recipe with juicy turkey meatballs. Together the broth and meatballs create a savory dish you can enjoy year-round. This recipe is the perfect way to spice things up in the kitchen and try something new.

Ingredients

MeatBalls

- 1 Pound(s) Ground turkey
- 3/4 Cup(s) [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 2 Tablespoon(s) lite soy sauce
- 1 Tablespoon(s) dry sherry (optional)
- 2 Teaspoon(s) sesame oil (optional)
- 1-1/2 Teaspoon(s) minced fresh ginger or 1/2 teaspoon ground ginger
- 1/2 Teaspoon(s) Black pepper
- 1/4 Cup(s) reduced-sodium chicken broth

Soup

- Two 14-1/2-ounce cans reduced-sodium chicken broth
- 1 Cup(s) Water
- 1-1/2 Cup(s) halved pea pods or one 6-ounce package frozen pea pods, thawed, cut in half
- 1 Cup(s) thinly sliced carrots
- 1-1/2 Cup(s) bean sprouts
- 1/4 Cup(s) thinly sliced green onions

Cooking Instructions

1. Spray rack of broiler pan with cooking spray or oil lightly.

2. In large bowl, combine meatball ingredients; mix lightly but thoroughly.
3. Shape into 1-inch meatballs; place on rack of broiler pan.
4. Broil 6 to 8 inches from heat 7 to 10 minutes or until cooked through.
5. In 4-quart saucepan or Dutch oven, combine meatballs with chicken broth and water; bring to a boil over high heat.
6. Add pea pods and carrot; cook 1 to 2 minutes or until vegetables are crisp-tender.
7. Turn off heat; add bean sprouts and green onion.
8. Serve immediately.