

# Spinach Orzo and Meatball Soup

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Written for The UW Farm's newsletter, *The Weekly Dirt*, 5/5/2021

## Ingredients

### Soup:

- 1 ½ lbs of spinach or Swiss Chard
- 2 stalks of celery
- 1 onion
- 1 large carrot
- 4 cups of chicken stock
- ½ lb of orzo
- 5 cloves of garlic
- salt & pepper to taste
- ½ lemon(optional)
- About 2 cups of hot water

### Meatballs:

- about 2 cups of mushroom
- half an onion
- 1 cup breadcrumbs
- 1 cup of milk
- 1 cup of olive oil
- 4 cloves of garlic
- 1 lb ground turkey
- 2 tsp salt
- 1 tsp black pepper

## Instructions

1. Preheat oven to 400 degrees.
2. Mix all your meatball ingredients, combine well, adding in milk half a cup at a time.
3. Scoop out a tablespoon of your meatball mixture and form into balls. Place these on a non-stick baking sheet
4. Place in oven at 400 degrees for 10 minutes.
5. Preheat pot on medium high heat and add olive oil to coat the bottom.
6. Add in your chopped carrots, onion, garlic and celery and saute. Add in your spinach, as well as any other vegetables you may want, and season with salt and pepper.
7. Add in your ½ pound of orzo, and stir into vegetables, then add your chicken broth and let it come to a boil.
8. Once your meatballs are finished, add them to the soup and let it simmer, reducing the temperature.
9. As soup starts to reduce and liquid is absorbed by the orzo, add in some hot water. You may also squeeze in about a half of a lemon.
10. Taste to adjust seasoning and take off the heat once the orzo is fully cooked.