

Vietnamese Chicken Meatball and Vegetable Soup

4 SERVINGS | HANDS ON TIME: 20 minutes | TOTAL TIME: 40 minutes

Whitehurst Heritage Farms Ground Chicken, thawed
Johnson's Backyard Garden Carrots, washed, peeled (optional)
Gundermann Acres Savoy Cabbage, washed, core and root end trimmed
Kitchen Pride Crimini Mushrooms, washed immediately before use
Tenaza Organics or Johnson's Backyard Garden, washed, woody ends trimmed
Animal Farm Green Onions, washed, root end trimmed
Gulf Pacific White Rice
Farmhouse Kitchen Chicken Broth, thawed
Farmhouse Kitchen Meatball Spice
Sea salt and fresh cracked black pepper
Olive or vegetable oil
Water

STEP 1 Bring 2 cups of water, a big pinch of salt, and 1 tbsp. of oil to a boil in a medium saucepan. Once the water reaches a boil, add rice, stir once, and cover. Reduce heat to low and cook for 20 minutes. After 20 minutes, remove from heat and keep covered for 10 more minutes. Fluff the rice with a fork and cover to keep warm until ready to serve.

STEP 2 Meanwhile, pour the chicken broth into a large pot (4-5 quart capacity). Fill the broth containers with about 1" of water to collect any remaining seasonings. Pour the water and seasonings in the pot with the broth. Bring to a simmer over medium heat.

STEP 3 While the broth warms, prepare the vegetables. Chop the carrots into thin rounds, about 1/4" thick and set aside. Chop the mushrooms into thin slices, about 1/4" thick and set aside. Chop the cabbage into approximately 1" pieces and set aside. Mince half of the green onions (white and green) and add to a mixing bowl. Chop the remaining half of the green onions (white and green) into coins, as thinly as possible, and set aside. Roughly chop the cilantro leaves and tender stems and set aside with the green onion coins.

STEP 4 Add the chicken and meatball spice to the bowl with minced green onions. Combine the ingredients until well distributed. Form 24-28 meatballs, about 1-1.5" in diameter. Add the meatballs to the simmering broth. Cover and cook for 5 minutes.

STEP 5 Add the cabbage, carrots, and mushrooms to the broth. Gently push down with a ladle to submerge the vegetables. Cover and cook for 10-15 minutes or until the cabbage is translucent and the carrots are tender. Season the soup with salt to taste.

STEP 6 Ladle the chicken meatballs, vegetables, and broth into serving bowls. Garnish with green onion coins and chopped cilantro. Finish with fresh cracked black pepper. Serve with a side of rice or add the rice directly into the soup. Enjoy!