

Matzo Ball Soup

12 Servings: 17g Protein | 16g Carbs | 1.5g Fats

1 Starch | 1½ Protein

Ingredients

4 boxes low-sodium chicken broth

4 6-oz boneless, skinless chicken breasts

1 large onion

2 large carrots

1 whole head of celery, no leaves

1 Tbsp ketchup

2 boxes Manischewitz or other low-sodium Matzo Ball & Soup Mix

Instructions

Prepare matzo balls according to package directions.

Chop all vegetables medium-chunky (with a food processor, for ease).

Add all ingredients, including Soup Mix packet—but excluding matzo ball Mix—to large pot, bring to a slow boil, and cook till breasts are cooked through, about 20 minutes.

Remove chicken.

Continue to cook soup until vegetables are tender; remove to blender, and puree. You can add a few shredded pieces of chicken to the blender, too.

Return puree to pot with about half of the chicken, shredded, reserving the rest for another project.

Add matzo balls; cook them in the soup for 20 minutes.