



Wonton-Less Wonton Soup

INGREDIENTS

Meatballs

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| 1 pound of ground chicken, turkey, beef or pork | 1¼ tsp Kosher salt |
| 1–2 TBS fresh lemongrass- finely chopped | 1 shallot- finely chopped |
| 1 TBS grated ginger | 2–3 garlic cloves – finely minced |
| 3 scallions, thinly sliced (separate white from green parts) | 1 tsp jalapeno - finely chopped (optional) |

Broth

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| 8 cups chicken broth or stock | 3–4 scallions | 2 medium Mushrooms – thinly sliced |
| 1 tsp soy sauce | Pinch of pepper | 1 tsp Cilantro – finely diced |
- 2–3 cups fresh greens (Bok choy, baby spinach, arugula, Asian greens, etc.)
Garnish with fresh herbs (cilantro, basil, scallions, chives, Italian parsley)

DIRECTIONS

Sautee the lemongrass, shallot, ginger, garlic, and scallions with a touch of oil until fragrant; 1-2 minutes only. Set aside. Place the ground meat into a medium bowl, and using wet hands, mix sauteed items and jalapeño and until combined well. Form into small balls and place back in sauté pan to lightly brown on all sides; about 2 minutes. Heat the broth or stock in a big pot and add the white parts of the scallions. Bring to a gentle boil. Add pinch of pepper and salt to taste. Add meatballs to the broth, gently simmering about 5 minutes. Meatballs will float when done, but test one first. During the last minute of cooking add the greens to the pot, so they wilt and become tender, but not too long that they lose their vibrant color. Toss in the fresh herbs and remaining scallions and serve immediately. Makes 24 very small balls Serves 6; 100 calories per serving.