

Colorado

Lamb Meatball Soup

Featured Food: Lamb

Makes: 4 servings

Ingredients

- 6 cups beef or chicken broth
- ½ cup brown rice, uncooked
- 1 tablespoon oregano
- 8 ounces ground lamb
- 1 medium tomato, finely chopped
- ½ medium onion, peeled and finely chopped
- 1 large egg
- ½ teaspoon salt
- 2 cups fresh vegetables, chopped (such as carrots, celery, and spinach)



Directions

1. In a large pot, combine broth, rice, and oregano. Bring to boil over high heat.
2. Reduce heat to low and simmer.
3. Meanwhile, in a large bowl, mix ground lamb, tomato, onion, egg, and salt. Form into 12 meatballs.
4. Add meatballs to broth mixture and simmer for 30 minutes.
5. Add vegetables. Cook 10-15 minutes or until meatballs are cooked and rice and vegetables are tender.

Recipe from: *California Champions for Change Lunch Recipes*, California Department of Public Health, Network for a Healthy California; adapted by the USDA Food and Nutrition Administration.

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