



Yogurt & Meatball Soup

ingredients

For the meatballs:

- 1 lb. organic ground beef
- 1 cup coarse bulgar wheat
- sea salt
- pepper
- 2 Tbsp. chopped onion, diced
- 2 Tbsp. green pepper, diced
- 2 Tbsp. fresh chopped parsley
- sea salt
- pepper

For the soup:

- 1 32 oz. container of organic, full fat, plain yogurt
- 1 can chicken broth
- 1 egg beaten
- 2 Tbsp. butter
- 3 Tbsp. dried mint

directions

- Mix all ingredients and form small meatballs.
- Simmer meatballs in chicken broth until thoroughly cooked.
- Remove meatballs from pot and let liquid cool.
- Optional: add ice cubes to mixture to speed up cooling the liquid.*
- Slowly add yogurt, keep stirring a little at a time.
- Slowly add beaten egg, keep stirring.
- Add meatballs back to the pot.
- Add butter until melted.
- Add mint, stir.
- Cook on low until medium/warm.

*It's important to let the liquid cool down a bit before adding the Yogurt or it will curdle.