



Gluten-Free Matzo Ball Soup

Recipe By MARC and ANGELA RYAN

SERVES: 6

SOUP:

- ☐ 5 celery stalks, washed and chopped
- ☐ 1 cup baby carrots, chopped
- ☐ 1 large yellow onion, chopped
- ☐ 4 cloves garlic, minced
- ☐ 1 tsp sea salt
- ☐ 1 tsp cracked black pepper
- ☐ 2 tbsp fresh parsley, chopped
- ☐ 3 lbs bone-in chicken, shredded
- ☐ 6 cups water
- ☐ fresh parsley, for garnish

MATZO BALLS:

- ☐ 1 box of gluten-free matzo ball mix
- ☐ 2 large eggs
- ☐ ¼ cup avocado oil
- ☐ 2 tsp sea salt
- ☐ 8 cups water

DIRECTIONS:

- ☐ 1. In a large pot, combine the celery, carrots, onions, garlic, parsley, salt, pepper, and chicken. Add 6 cups of water.
- ☐ 2. Bring to a simmer over medium-low heat, then reduce to low and simmer for 30 minutes.
- ☐ 3. In a medium bowl, beat the eggs. Stir in avocado oil, then add the matzo ball mix and combine gently. Let stand for 15 minutes.
- ☐ 4. In a large pot, bring water and salt to a boil.
- ☐ 5. With moistened hands, form the mixture into twelve 1-inch matzo balls.
- ☐ 6. Gently drop the matzo balls into the boiling salt water. Cover, reduce to a medium simmer, and cook for 25-30 minutes until soft.
- ☐ 7. Transfer cooked matzo balls to the soup and serve.

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