

Matzo Ball Soup



Ingredients:

2 quarts chicken stock
2 stalks celery
veg. oil
2 carrots
1 medium onion
3 sprigs parsley
3 sprigs dill

4 eggs
2 T chicken fat (schmaltz) or

1 c Matzo meal
1 tsp salt
1/4 c hot water
3 quarts water

Directions:

1. Bring stock to a boil.
2. Add finely diced celery, carrots, onion, parsley, and dill. Simmer for 1 hour.
3. Adjust seasonings to taste.

For Matzo Balls:

1. Mix eggs, Matzo meal, schmaltz, and salt.
2. Add hot water, blend well.
3. Cover, rest in refrigerator for 1 hour.
4. Create 'walnut sized' balls. Place in boiling water, cover and cook for 20 minutes.
5. Remove and place in simmering stock for 5-10 minutes. Serves 8.

Nutrition Facts			
Serving Size (338g)			
Servings Per Container			
Amount Per Serving			
Calories 220		Calories from Fat 80	
% Daily Value*			
Total Fat 9g			14%
Saturated Fat	2.5g		13%
Trans Fat	0g		
Cholesterol 105mg			35%
Sodium 700mg			29%
Total Carbohydrate 26g			9%
Dietary Fiber	2g		8%
Sugars	7g		
Protein 11g			
Vitamin A 30%		Vitamin C 8%	
Calcium 4%		Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			