



RECIPE | TOMATOES

MEATBALL SOUP



30 min

10 min
PREP.

20 min
COOKING



8



easy

INGREDIENTS

2 Pure Flavor® Roma Tomatoes
1 Pure Flavor® Red Sweet Bell Pepper, diced
12 meatballs, uncooked
2 large carrots, diced
2 stalks celery, diced
1 large onion, diced
4 cups chicken broth

4 cups water
½ cup lemon juice
2 tbsp olive oil
1 tbsp tomato paste
1 tbsp parsley, chopped
1 tbsp tarragon, chopped
Salt & pepper, to taste



DIRECTIONS

- 1 Blend tomatoes and strain to create juice.
- 2 Heat olive oil in a soup pot on medium heat. Add onions, celery, carrots, and peppers & cook for 5 minutes. Season with salt & pepper to taste.
- 3 Stir in tomato paste and tomato juice, then add in chicken broth & water. Bring to a boil.
- 4 Once boiling, add meatballs one at a time and cook for 10 minutes until meatballs & vegetables are cooked through.
- 5 Add in lemon juice, parsley & tarragon. Season with more salt & pepper to taste and serve.

Pro Tip: Serve hot with sour cream.

PURE-FLAVOR.COM

