

Matzo Ball Soup

Matzo Ball Soup is a traditional Jewish dish typically eaten during the Passover holiday but can be enjoyed year-round. This broth-based soup is as soothing as it is delicious. Matzo is a traditional Jewish unleavened bread. Matzo meal is made from ground matzo. It is key to refrigerate the matzo ball dough before cooking them. This helps prevent the dumplings from falling apart in the simmering broth. Using store-bought low sodium broth makes this soup simple and quick.

Serves 6 **Serving size:** 2½ cups **Prep time:** 25 minutes **Cook time:** 30 minutes **Total time:** 55 minutes

Ingredients

- 1 Tablespoon olive or canola oil
- 2 large carrots, finely diced or shredded
- 4 celery stalks, finely diced
- 1 onion, finely diced
- 64 ounces low sodium chicken broth (for a vegetarian option, could use vegetable broth)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- Fresh dill (optional)

Matzo Balls

- 1 cup matzo meal
- 1 teaspoon salt
- 2 teaspoons baking powder
- 3 eggs
- 3 Tablespoon olive or canola oil
- 3 Tablespoon water or club soda



Directions

1. Heat 1 tablespoon of oil in a large soup pot or Dutch oven over medium-high heat.
2. Sauté the carrots, celery, and onions for 5–10 minutes until soft. Do not let brown.
3. Add the stock and bring to a boil. Taste and add salt and pepper as needed.
4. Cook for 15–20 min.
5. While the stock cooks, prep the matzo balls:
 - In a medium bowl, add all the ingredients. Mix well.
 - Refrigerate for 30 minutes to allow the matzo meal to absorb the liquid.
 - Remove from refrigerator and roll matzo dough into ping pong-sized balls. Will likely make around 18 matzo balls.
 - Place matzo balls on a sheet pan or plate until you have all of the balls made.
6. Reduce broth to a simmer.
7. Add the matzo balls one at a time to the simmering broth. Lower them gently so they do not break.
8. Cover the soup and let the matzo balls cook for 25–30 minutes or until they are cooked through. They will puff slightly while cooking.
9. Service with fresh dill and/or extra black pepper.

Nutrition Facts

Serves 6
Serving size 2-1/2 cups (437g)

Amount per serving
Calories **234**

% Daily Value*

Total Fat	13g	20%
Saturated Fat	3g	12%
Trans Fat	0g	
Cholesterol	100mg	33%
Sodium	942mg	39%
Total Carbohydrate	21g	7%
Dietary Fiber	2g	7%
Total Sugars	4g	
Protein	8g	17%
Vitamin D	21mcg	5%
Calcium	63mg	6%
Iron	1mg	4%
Potassium	188mg	5%
Phosphorus	106mg	11%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.