

Asian Meatball Soup

Ingredients

MeatBalls

- 1 lb ground turkey
- 3/4 cup Quaker® Oats (quick or old fashioned, uncooked)
- 2 tbsp lite soy sauce
- 1 tbsp dry sherry (optional)
- 2 tsp sesame oil (optional)
- 1 1/2 tsp minced fresh ginger or 1/2 tsp ground ginger
- 1/2 tsp black pepper
- 1/4 cup reduced-sodium chicken broth

Soup

- 2 14.5 oz cans reduced-sodium chicken broth
- 1 cup water
- 1 1/2 cups halved pea pods or 1 6 oz package frozen pea pods, thawed, cut in half
- 1 cup thinly sliced carrots
- 1 1/2 cups bean sprouts
- 1/4 cup thinly sliced green onions



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
5 min	10 min	15 min	6

Made with



How to make it

1. Spray rack of broiler pan with cooking spray or oil lightly.
2. In large bowl, combine meatball ingredients; mix lightly but thoroughly.
3. Shape into 1-inch meatballs; place on rack of broiler pan.
4. Broil 6 to 8 inches from heat 7 to 10 minutes or until cooked through.
5. In 4-quart saucepan or Dutch oven, combine meatballs with chicken broth and water; bring to a boil over high heat.

Quaker® Oats-Old Fashioned

6. Add pea pods and carrot; cook 1 to 2 minutes or until vegetables are crisp-tender.
7. Turn off heat; add bean sprouts and green onion.
8. Serve immediately.