

Chicken Meatball Soup

Meatballs

Ingredients

- 100 grams ground chicken breast
- 1 teaspoon onion, minced
- 1 clove garlic, crushed and minced
- Pinch of sage
- Pinch of thyme
- Pinch of onion powder
- Pinch of garlic powder
- 1 serving Melba toast crumbs (optional)

Broth

Ingredients

- 2 cups chicken broth (or substitute 1 cup water for 1 cup broth)
- 2 cups Bragg's liquid aminos
- 1 tablespoon apple cider vinegar
- 1½ cups celery or tomato, chopped (tomato adds an additional 25 calories)
- 1 tablespoon onion, chopped
- 2 cloves garlic, crushed and minced
- 1 bay leaf
- Cayenne pepper to taste
- Sea salt and pepper to taste



Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)

28 grams protein

3 grams fat

185 calories

Directions

1. Combine ground chicken breast with spices, chopped garlic, onion, & crushed Melba toast.
2. Form into balls.
3. bring broth to a boil.
4. Add spices, vinegar Bragg's liquid aminos, and chicken balls.
5. Reduce to a simmer and cook a minimum of 30 minutes.
6. Add the celery or tomato the last 5-10 minutes of cooking.