

# SPINACH EGG DROP SOUP

I've been watching this documentary series on NETFLIX, *You Are What You Eat*, and quite frankly, it's scaring the bejeebers out of me. Basically, it has convinced me that I eat way too many fatty meats and not enough plant based foods. So, in an effort to balance my foods a bit better, I've been testing out some new options. So far, this recipe has been a big hit. Rather than adding smoky sausages—which is often a staple in my soups—I'm using lean turkey meat and forming them into tasty meatballs. And of course, I gotta have some greens, so this has a generous serving of spinach.

And a special shout out to my friends at [Gustus Vitae](#) for sending me their delicious spice blends! They were a great addition to the meatballs.

## **INGREDIENTS** (Serves 6-8)

4 tablespoons olive oil

1 pound lean chopped turkey

2 teaspoons [Gustus Vitae "Everything But the Avocado Toast" spice mix](#)

1 onion, thinly sliced

2 medium sized potatoes, cubed

3 cloves garlic, minced

2 quarts turkey or chicken [bone broth](#) (or stock)

3 eggs, lightly beaten

3 cups baby spinach

salt and pepper to taste

Croutons (optional for garnish)

Parmesan cheese, grated (optional for garnish)

### **PREPARATION**

Break up the chopped turkey in a large bowl. Add in the spice mixture and mix with your hands. Form 1" meatballs and set aside.

In a large skillet, heat 2 tablespoons of olive oil. Add in the meatballs and brown all sides. Don't overcrowd the meatballs. Cook them in batches if necessary. Set aside.

In a large dutch oven, heat 2 tablespoons of olive oil. Sauté onions until they begin to turn brown, about 6 minutes. Add in the potatoes and brown, about 3 minutes. Add in the garlic and continue to cook for one minute.

Add in the bone broth and meatballs. Bring to a boil, and then down to a simmer for 20 minutes.

Add in the spinach. Stir until wilted, about one minute. Season the beaten eggs with salt and pepper. Slowly drizzle the eggs into the soup, gently stirring the pot with a wooden spoon for about thirty seconds until the eggs form ribbons. Remove from heat.

Re-season to taste with salt and pepper. Ladle into bowls and garnish with croutons and grated Parmesan cheese.