

Mish Mosh Chicken Soup

For the uninitiated, Mish Mosh soup is a combination of some of the best items soup has to offer all in one bowl. Of course we are doing it up Meez style, with cage-free chicken breast, freshly cooked matzo balls, egg noodles, wild rice and barley in a classic chicken broth. It is a hearty dinner for all appetites.

40 *Minutes to the Table*

25 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

2 Large Saucepans ,
both with covers
Large Mixing Bowl

FROM YOUR PANTRY

Vegetable Oil
Olive Oil
Salt & Pepper
1 Egg

6 MEEZ CONTAINERS

Matzo Ball Mix
Dill
Chicken Broth Starter
Egg Noodles
Chicken
5-Grain Blend

Good to Know

Health snapshot per serving – 570 Calories, 68g Protein, 70g Fat, 63g Carbs, 9 Freestyle Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Chicken, Barley, Wheat Berry, Wild Rice, Red Quinoa, White Quinoa, Egg Noodle, Chicken Broth, Carrot, Onion, Celery, Parsnip, Matzo Mix, Vegetable Oil, Egg, Dill.

meez *meals*

1. Cook the Matzo Balls

Set 8 cups of water to a boil in a large saucepan over high heat.

Crack one egg into a large mixing bowl. Add 1 Tbsp vegetable oil and blend. Then add the **Matzo Mix** and **Dill** and mix until blended. Pat about ¼ of the mix into a golf-ball-sized ball using a gentle hand. Repeat for the rest of the mix so you have 4 matzo balls total. Place into the freezer for 5 minutes to set. Gently transfer the matzo balls into the pot of boiling water, cover and reduce heat to medium-high. Cook 25 minutes, then turn off the heat but leave the matzo balls in the covered pot until step 4.

The pot should be large enough for the matzo balls to have plenty of room to expand.

2. Cook the Broth and Noodles

In a second large saucepan, combine 4 cups of water and the **Chicken Broth Starter**. Bring to a boil over high heat. When the broth is boiling, stir in the **Egg Noodles**, cover, and reduce heat to medium-high. Keep at a low boil until the vegetables are soft, about 15 to 20 minutes.

Don't over-mix the raw matzo balls. Once the ingredients are all combined quickly get into the freezer to set.

3. Sear the Chicken

As soon as the broth is boiling, dry and generously sprinkle the **Chicken** with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like). Heat 1 Tbsp olive oil in a skillet over high heat. When the oil is very hot, add the chicken and cook until it starts to brown, about 2 minutes. Flip and cook other side for 2 minutes. Remove from heat and place on a cutting board. When it is cool enough to handle, dice into ¼" squares.

The chicken will not be fully cooked at this point but will finish cooking in the boiling broth in step 4.

4. Put It All Together

When the broth is finished cooking, add the **5-Grain Blend**, diced chicken, and cooked matzo balls to the soup. Cover and let everything cook on a low boil for 2 minutes. Remove from the heat and ladle into serving bowls. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois