

# 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**