

Russian Meatball Soup

Soup With Frikadelki

Courtesy of mydeliciousmeals.com

Submitted by Betsy Ding

Ingredients

- 1 lb ground beef
- 8 cups water
- 2 large potatoes, cut into small cubes
- 1/4 cup rice
- 1 carrot, grated
- 1/2 medium onion, finely chopped
- 1 clove garlic, minced
- 2 Tbsp olive oil
- parsley, finely chopped
- dill, finely chopped
- salt and pepper

Directions

1. Bring water to a boil. Add rice and reduce heat to medium low
2. Cut the potatoes into small cubes and add to water
3. In a separate bowl, mix ground beef and minced garlic, add a little bit of fresh parsley and season with salt and pepper to taste. Mix well. using your hands, form small meatballs.
4. Heat 1 Tbsp olive oil over medium high heat and sear the meatballs until browned (about 5 minutes) add to the soup.



5. In a separate skillet, heat 1 Tbsp olive oil and sauté onions and carrots for about 5 minutes or until onions become soft and translucent. Add to soup.
6. Season soup with salt and pepper to taste. Cook for another 5 minutes.
7. turn off heat and garnish with chopped parsley and dill. Serve hot.