



**Century**  
Federal Credit Union

# Recipes for Success

## Turkey Meatball Veggie Soup

Jen, Marketing Director

### Ingredients

- 2 Tbsps olive oil
- 1 large onion, diced
- 2 carrots, sliced
- 2-3 stalks celery, diced
- 1 Tbsp of garlic, diced
- 1 cup mushrooms, sliced
- 1 Large zucchini, sliced
- 2 cups veggie broth/stock
- 3 (15oz) cans of diced tomatoes
- 2 tsps of red pepper flakes
- 2 Tbsps of parsley
- 1 large bunch of kale, chopped
- Turkey meatballs (see other recipe)



### Directions

1. Heat olive oil over medium temperature. Sauté onion, carrots and celery and cook for 3-5 minutes.
2. Add in mushrooms until cooked through.
3. Add zucchini, veggie broth, tomatoes, red pepper flakes, parsley, salt and pepper and raise heat to bring to a boil.
4. Once boiling, lower heat and add in kale and meatballs and simmer for 30 minutes and serve.