

Meatball Soup

1/2 lb. Ground Chicken	1/2 tsp Black Pepper
1/2 lb. Ground Lean Beef	2 cloves Garlic, minced
10 cups Water	1/2 tsp Salt
1 Bay Leaf	2 Medium Carrots, chopped
1 Small Onion, chopped	2 cups Cabbage, chopped
1/2 cup Green Pepper, chopped	2 Celery Stalks, chopped
1 tsp Mint	1 pkg Frozen Corn (10 oz)
2 Small Tomatoes, chopped	3 Medium Zucchini, chopped
1/2 tsp Oregano	1/2 cup Cilantro, minced
4 TBSP instant corn flour	

- 1) In large pot, add water, bay leaf, half the onion, green pepper and 1/2 tsp mint. Bring to boil.
- 2) In bowl, mix chicken, beef, rest of onion, tomato, oregano, corn flour, pepper, garlic and salt. Mix well. Form 1-inch meatballs. Place in the boiling water and lower heat. Cook over low heat for 30 – 45 minutes.
- 3) Add carrots, cabbage and celery. Cook over low heat for 25 minutes. Add corn and zucchini. Cook for another 5 minutes. Garnish with cilantro and rest of mint.

Recipe taken from 'Keep the Beat' Heart Healthy Recipes from the National Heart, Lung and Blood Institute.