THAI MEATBALL AND EGG DROP SOUP

**PREP TIME**

**15** **MINS**

**COOK TIME**

**30MINS**

**TOTAL TIME**

**45MINS**

Thai Meatball and Egg Drop Soup: Thai flavors mixed into a traditional egg drop broth for a comforting and filling soup. Paleo + Whole 30 + Low Carb

Course: Soup

Cuisine: Thai

Servings: 4 servings

Calories: 332 kcal

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**INGREDIENTS**

**Meatballs**

* 1 lb . ground turkey or chicken
* 1 large shredded carrot about 1/2 cup
* 2 tablespoons fresh cilantro chopped
* 1 red chili chopped\* see note on chilies
* 1/4 cup green onion green parts only for Low FODMAP, chopped + more for garnishing
* 2 tablespoons fresh grated ginger
* 2 tablespoons [Coconut Aminos or 1 -2 tablespoons gluten free soy sauce\* see note](http://amzn.to/2mGaDXY)
* 1/4 teaspoon salt \*see note
* 1/2 teaspoon pepper
* 1 egg
* Dash red pepper flakes optional

**Soup**

* 1 tablespoon sesame oil or coconut oil
* 1 tablespoon minced ginger
* 2 red chilies deseeded and chopped
* 4 cups organic chicken stock 1 quart or 946 ml
* 1 1/2 cups water 375 ml
* 2 tablespoons [Coconut Aminos](http://amzn.to/2mGaDXY) or gluten free soy sauce
* 1 teaspoon fish sauce
* 1 tablespoon lime juice
* 3 large eggs whisked
* 1/2 cup spring onions chopped 1 large bunch, use only the green parts for low fodmap
* 1 large carrot cut into matchstcks
* 2 tablespoons freshly chopped cilantro
* salt & pepper to taste

**INSTRUCTIONS**

**Meatball Prep**

1. Preheat oven to 400°F/200°C
2. In a bowl combine all of your meatball ingredients. Mix well and form into balls. If the mixture is a bit wet and sticks, wet your hand with a little water and then roll the balls.
3. Place balls on lined baking sheet and bake for 20-25 minutes.
4. Once cooked remove from the heat and set aside until your'e ready to add them to the soup

**Soup Prep**

1. In a large pot, warm the sesame oil on a medium heat. Add the minced ginger and chopped chilis to the oil and gently sauté for 1-2 minutes.
2. Add the stock, water, coconut aminos, fish sauce, and lime juice to the pot and turn up the heat to medium high.
3. While the broth is heating up, whisk your eggs. Once the broth begins to boil, slowly drizzle the eggs into the soup. Use a fork to stir the eggs to create ribbons and prevent clumping.
4. Reduce the heat and then add the spring onions, carrot, and cilantro and let the soup. Carefully drop the meatballs into the broth. Taste the soup and season with salt and pepper to your own preference.
5. Top with more spring onions, cilantro, and/or chili if you'd like and serve.

**RECIPE NOTES**

soy sauce/tamari is much saltier than coconut aminos - you may want to wait until the end to add salt or reduce the amount if you use soy

Feel free to use different types of chilies here based on your preference for spice. We use red anaheim chilies which tend to be more on the mild side. If you like things with more spice you can also use red or green jalapeños - red will be spicier than green.