

Healthy Soul Food Chicken Meatball Soup

Hands-on 15 minutes Overall 20-30 minutes

Nutritional values (per serving, about 2 1/2 cups): Total carbs: 8.6 g, Fiber: 2.5 g,

Net carbs: 6.1 g, Protein: 32.1 g, Fat: 19.2 g, Calories: 334 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 servings)

Chicken meatballs:

- 2 chicken breasts (450 g/ 1 lb)
- 1/2 brown onion, cut into wedges (35 g/ 1.2 oz)
- 2 garlic cloves, roughly chopped
- 1 tbsp [tomato puree](#) (15 g/ 0.5 oz)
- 2 tbsp chopped parsley
- 1/2 tsp sea salt
- 1/4 tsp cracked black pepper
- 1 tbsp [ghee](#) (15 ml)

Soup:

- 2 tbsp [ghee](#), butter or [coconut oil](#) (30 ml)
- 1/2 brown onion, chopped (35 g/ 1.2 oz)
- 2 medium celery sticks, chopped (100 g/ 3.5 oz)
- 2 medium carrots, chopped (120 g/ 4.2 oz)
- 6 cups [chicken stock](#) (1.5 L/ 34 fl oz)
- 1 tsp dried thyme
- 1/2 tsp sea salt, or to taste
- 1/4 tsp cracked black pepper, or to taste
- 2 cups chopped kale (100 g/ 3.5 oz)
- 1 tbsp chopped parsley
- Optional:* few sprigs of fresh thyme

Instructions

- Preheat the oven to 180 °C/ 355 °F (fan assisted) or 200 °C/ 390 °F (conventional).
- Make the meatballs by placing all the chicken meatball ingredients in a food processor and blitzing until combined.
- Roll into small meatballs. The mix should make 16-20 meatballs in

total (about 28 g/ 1 oz each).

- Place the chicken meatballs on a greaseproof lined baking tray. Brush with 1 tablespoon of melted ghee. Bake in the oven for about 20 minutes until cooked through and golden.
Note: If you are short on time, skip the baking and simply add the raw meatballs to the soup after you pour in the stock (step 6).
- Meanwhile, prepare the soup. Melt the butter in a pan and fry the onion, celery and carrot on a medium-low heat for 4–5 minutes, or until they start to soften.
- Add the stock, thyme and season. Bring to the boil then reduce the heat to medium-low and simmer for 15 minutes.
- Add the kale for 1–2 minutes until it softens.
- Taste, adjust seasoning as required. Stir through fresh parsley and top with chicken meatballs. Enjoy hot or let it cool down. Store in the fridge for up to 4 days, or frozen for 3 months.

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