

Lemony Chicken-Feta Meatball Soup With Spinach

By Yasmin Fahr

YIELD 4 servings

TIME 30 minutes

Some might be suspicious of the rolled oats called for in this recipe, but used in place of breadcrumbs, they help create a light and tender chicken meatball. A half-cup more is simmered in the broth, which thickens it and provides a pleasant texture. The meatballs, made with ground chicken, feta and fresh dill, swim in a lemony, spinach-filled broth that's comforting and light, perfect for lunch or dinner. Serve any leftovers with a fresh squeeze of lemon juice to brighten the soup.

INGREDIENTS

1 pound ground chicken or turkey, preferably dark meat
½ cup crumbled feta
¾ cup old-fashioned rolled oats
1 small red onion, halved (1/2 diced, and 1/2 grated, then squeezed with a paper towel to remove excess liquid)
⅓ packed cup fresh dill leaves and fine stems, finely chopped
1 tablespoon ground cumin
½ teaspoon plus 1 tablespoon ground turmeric
Kosher salt and black pepper
3 tablespoons olive oil
½ teaspoon red-pepper flakes, plus more for serving
4 cups low-sodium chicken broth or water
4 packed cups baby spinach (about 5 ounces)
2 lemons (1 juiced and 1 cut into wedges for serving)

PREPARATION

Step 1

In a medium bowl, add the chicken, feta, 1/4 cup oats, the grated onion, most of the dill (reserve about 2 tablespoons for garnish), the cumin, 1/2 teaspoon turmeric and 1 teaspoon salt. Gently combine without squeezing too hard or overworking the meat. Lightly wet your palms and shape the meat into small balls, a little smaller than the size of a golf ball, about 1 1/2 inches. (You will have approximately 25 balls.)

Step 2

Heat the oil in a large Dutch oven or wide pot over medium until shimmering. Add the diced onion, season with salt, and cook until it begins to soften, about 2 minutes, stirring occasionally. Add the remaining 1 tablespoon turmeric and the red-pepper flakes, and stir until fragrant, about 30 seconds. Push the onions to the sides as best you can, then add the meatballs. (They will be close together, and that's OK.) Cook until browned on two sides, 5 to 7 minutes total.

Step 3

Pour in the broth and remaining 1/2 cup oats, then gently tilt the pot to the right and left to distribute the oats and broth without disturbing the meatballs. Bring to a gentle boil, then immediately reduce the heat to maintain an active simmer. Season with salt. Cook, gently stirring occasionally to make sure nothing is sticking to the bottom, until the oats have softened and the meatballs are cooked through, about 4 minutes more.

Step 4

Stir in the spinach and lemon juice until the spinach is wilted, about 2 minutes more. Adjust the seasoning to taste. Spoon into bowls, top with pepper and the remaining dill. Serve with lemon wedges.

PRIVATE NOTES

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