

## **Matzo Ball Soup**

With Passover coming up, I had a special request for this soup without the animal products. Here is my version using Wellness Forum Health's Certainly Not Chicken Broth

### **Ingredients**

For the soup:

1 large yellow onion, diced  
3 large carrots, diced  
3 celery stalks, diced  
4 cloves garlic, minced  
1 teaspoon dried dill  
1 teaspoon dried sage  
1 teaspoon. dried parsley  
6 cups broth made with Wellness Forum Health's Certainly Not Chicken Broth  
Sea salt and pepper to taste

For the matzo balls

1/4 cup arrowroot powder mixed with 3/4 cup warm water  
1 cup matzo meal  
1 teaspoon baking powder  
1/2 teaspoon Kosher salt  
1/2 teaspoon onion powder  
1/4 teaspoon dried dill  
2 Tablespoons fresh parsley, chopped  
1 1/3 cups seltzer

### **Preparation**

For the soup:

- Saute the onions, carrots, and celery in a large soup pot for 7 to 8 minutes, until the onions are browned and start to turn translucent.
- Add the garlic, dill, sage, and parsley and cook another minute.
- Add the broth and bring the soup to a boil over high heat.
- Reduce the heat to medium, cover the pot, and let it simmer for 30 minutes.
- Season with salt and pepper
- While the soup is simmering, prepare the matzo balls.

For the matzo balls:

- Combine the matzo meal, baking powder, sea salt, onion powder, dill, and parsley to a bowl and mix well.

- Add the arrowroot mixture and seltzer and mix well. You should have a very thick batter.
- Cover with plastic wrap and refrigerate for at least half an hour.
- Remove from fridge. Wet your hands and roll into balls (around 8 depending on size desired).
- Gently add the balls to the simmering soup pot and let cook over low heat for about 20-25 minutes.
- Remove the matzoh balls from the soup until ready to serve.