

Roasted Tomato Soup with Bison-Turkey

Meatballs

6 ripe roma tomatoes
½ medium red onion in chunks
1 jalapeno seeded
2 cloves garlic, whole
2 bay leaves
2 sprigs fresh thyme
10 black peppercorns
2 tsps olive oil
1 teaspoon kosher salt
8 basil leaves
4 cups low-sodium fat free chicken stock



Preheat oven to 375 F. In a roasting pan combine tomatoes, onion, jalapeno, garlic, bay leaves, thyme, peppercorns. Drizzle with oil and sprinkle with salt. Roast for 45mins-1 hour (until tomatoes are caramelized). Put roasted the ingredients from the roasting pan into a blender and blend with chicken stock and basil leaves until soup is pureed. If you have an immersion blender whip that out instead. If you are going to eat the soup right away heat up the pureed soup in a pot over the stove. Make the meatballs, recipe below, and then add to the soup. (The roasted tomato soup is a modification of a David Hawksworth recipe.)

Gayle's Bison-Turkey Meatballs

8 ounces of extra lean ground bison meat
8 ounces of extra lean ground turkey meat
1 tbsp bread crumbs
1 tbsp Dijon mustard
½ tsp toasted cumin seeds
2 tbsps of tomato sauce
2 tsps Worcestershire sauce
½ tsp red pepper flakes
1 egg
½ tsp roasted garlic (I use a canned version I buy in the grocery store, but you can roast your own garlic, or pan fry some canned minced garlic)
5 brown mushrooms (diced super fine, or throw them in a chopper)
1 shallot (diced super fine, or thrown in chopper with mushrooms)

Mix together all the ingredients above with a wooden spoon or your hands if you're feeling more rustic, in a medium mixing bowl. Roll out meatballs at a size you want. I used 3 ounces of meat per serving, making 6 small meatballs out of that (leaving a few leftover meatballs) Heat a frying pan on the stove, spray with non-stick spray and brown meatballs in the frying pan. After you've cooked up the meatballs add

them to the soup. The meatballs freeze well on their own, or in the soup. I think you could probably cook the meatballs in the soup, and it might give them good flavour, but I wanted browned meatballs, that's why I cooked them in a frying pan. Also if you wanted to add a few spaghetti noodles it would taste great, and make a good "spaghetti and meatball soup". Soup is fun so play with it.