

## From the Elite Athletic Development Test Kitchen

*Recipes developed, created & adapted by  
Elite Athletic Development / CrossFit Arlington Heights / CrossFit Axis Athletes*



### **Turkey Ball Soup a la Amy Pi**

*Contributed by Amy Pi*

For the Turkey Meatballs:

- 1# Ground Turkey
- 2 Free Range Eggs
- ¾ cup Almond Flour / Meal
- Fresh Sage (to taste)
- Fresh Thyme (to taste)
- Dried Oregano (to taste)
- Dried Basil (to taste)
- A twist or two of freshly ground salt & pepper

For the Soup Stock:

- Organic Low Sodium Vegetable Broth
- Organic Vegetables: Kale, yellow onions, celery, mushrooms, yellow squash, zucchini, cauliflower, asparagus ... and anything else you like!

To Prepare:

Mix the ground turkey with the eggs, almond flour, sage, thyme, oregano, basil, salt & pepper. Form into meatballs.

In a large soup pot sauté yellow onions, celery and mushrooms in a drizzle of extra virgin olive oil. Add vegetable broth and bring to a simmer. Add in cut up organic vegetables, saving thoroughly washed & deveined kale for last. Add half the kale, then cover the soup until the kale wilts; stir and then add the remaining kale. Add the meatballs and cook until done.



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