Tomato/Vegy soup with meatballs

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 lb. extra lean ground beef
- 1 egg
- 1 tsp. salt
- 1/4 tsp. pepper
- 8 green onions with tops
- 1 quart beef broth
- 3/4 cup thinly sliced celery
- 3/4 cup thinly sliced carrots
- 1/2 small head cabbage, shredded
- 2 tomatoes, peeled, cut in eights
- 1 can tomato juice
- 1/2 cup rice
- 1 bay leaf
- 1 tsp. dried basil leaves
- 2 Tbsp. soy sauce
- 2 Tbsp. minced parsley, for garnish

Instructions

Blend the ground beef with the egg, salt and pepper. Cut green onions into 1/2 inch lengths and set aside. Meanwhile, bring broth to a boil. Shape meat into 1 inch balls. Drop into broth along with the green onions, celery, carrots, cabbage, tomatoes, tomato jucie, rice, bay leaf and basil. Cover. Simmer for 30 minutes. Stir occasionally. Discard bay leaf. Stir in soy sauce. Top each serving with parsley. Also good served with a dollop of sour cream in each soup bowl.