

Foodnity Recipes

Ekili Köfte Çorbas - Traditional Turkish Meatball Soup

25 min Prep time	**35 min** Cook time	**1 h** Total time
6 Servings	**Medium** Difficulty	**Turkish** Cuisine

Ingredients

For the Meatballs

- [ ] 1/2 lb ground beef
- [ ] 2 tbsp fine rice, rinsed
- [ ] 1 small onion, grated
- [ ] 1 clove garlic, minced
- [ ] 1 egg
- [ ] 1/2 tsp salt
- [ ] 1/2 tsp black pepper

For the Soup Base

- [ ] 2 medium potatoes, diced small
- [ ] 1 carrot, diced small
- [ ] 1 tbsp olive oil
- [ ] 7 cups beef broth or water
- [ ] Salt and pepper to taste

For the Tangy Liaison

- [ ] 1 egg yolk
- [ ] 2 tbsp all-purpose flour
- [ ] 1/4 cup fresh lemon juice
- [ ] Fresh parsley, chopped for garnish

Instructions

1. In a medium bowl, combine the ground beef, rinsed rice, grated onion, minced garlic, egg, salt, and pepper. Knead the mixture with your hands for about 5-7 minutes until it becomes a smooth, cohesive paste.
2. Heat olive oil in a large pot over medium heat. Add the diced carrots and potatoes, sautéing them for about 5 minutes until they just start to soften.
3. Pour in the beef broth and bring the pot to a gentle boil. Once boiling, wet your hands and roll the meat mixture into tiny balls, about the size of a marble, and drop them in one by one.
4. Reduce heat to low and simmer for 20-25 minutes. Be careful not to let it boil too hard, or the meatballs might break.
5. While the soup simmers, whisk together the egg yolk, flour, and lemon juice in a small bowl until completely smooth.
6. Slowly ladle one cup of the hot broth into the lemon mixture, whisking constantly to temper it. Then, slowly pour this mixture back into the main pot while stirring continuously.

7 Let the soup simmer for another 2-3 minutes to thicken slightly. Taste and adjust salt and lemon as needed.

Nutrition per serving

280 kcal	21 g	18 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you don't have beef broth, water works fine, but you'll need to add a bit more salt and perhaps a pinch of bouillon.
- For a more colorful soup, you can add a handful of frozen peas in the last 10 minutes of cooking.
- If the soup becomes too thick after resting, simply stir in a little hot water before serving.