 Asian Inspired Meatball Soup

Meatballs:

1 chunk ground beef

30 mL bread crumbs

1 small piece onion, minced

1 mL Chinese 5 spice powder

1 mL garlic powder

1 mL sesame oil

½ egg

1. Combine all ingredients and form into very small meatballs.
2. Place on a plate, wrap with plastic wrap, label with name and put in fridge.

Broth:

2 mL sesame oil

5 mL oil

1 chunk onion, minced

1 cm piece ginger

½ clove garlic, minced

250 mL broth

125 mL water

\*\*15-30 mL soy sauce

1 mL max red pepper flakes (optional)

1 brick noodles

½ green onion, chopped

1. Saute onion in sesame and regular oil. Start with medium heat, once it sizzles turn it down to 2.
2. Add ginger and cook for 1 minute. Add garlic and heat for 30 seconds. Add broth and water, red pepper flakes (optional) and soy sauce. Let simmer with lid on until directed by teacher.
3. Add meatballs. Simmer on 3 heat for 15 minutes with the lid on. Remove largest one and check for doneness.
4. Right before serving add noodles, cook until desired consistency, breaking up with a fork.
5. Serve into bowls, sprinkle with green onion.