



— Chef Matt Beckett
Linn's Restaurant, Cambria, California



Tuscan Turkey Quinoa

MEATBALL SOUP

JUDGED BEST IN SHOW
4TH ANNUAL SOUPABRATION

*"To feel safe and warm on a cold wet night, all you really need is soup."
— Laurie Colwin*

Turkey-Quinoa Meatballs

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| 1 c. red quinoa | ¼ c. grated Parmesan | 1 T. garlic, minced |
| 1 c. water | ½ c. milk | 1 tsp. chile flakes |
| 3 lbs. turkey ground | 1 egg, lightly beaten | ¼ c. Panko bread crumbs |

In a saucepan, bring water and a pinch salt to a boil, then add the quinoa. Cover and reduce heat. Simmer for 30 minutes. Fluff the cooked quinoa, and let cool. In a large bowl, mix together ground turkey and quinoa with the remaining ingredients. Roll mixture into small balls (1 oz.) and bake on a sheet pan in a preheated oven at 350° F degrees for 12 minutes, until browned.

Tuscan Soup

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| 2 T. olive oil | 3 c. broth | ½ tsp. rosemary, chopped |
| 1 onion, diced | 1 c. wine | 1 can (16 oz.) Cannelinni beans, drained |
| ¾ c. carrots, diced | 3 c. water | 3 c. kale mix, chopped and ribs removed |
| 4 celery ribs, diced | 1 bunch basil, chopped | 1 c. Shishito and Italian peppers, chopped |
| 2 Russet potatoes, diced | 1 sage leaf, chopped | White pepper and salt to taste |

In a large stock pot, heat olive oil and cook the onion 2 minutes. Add carrots, celery, and potatoes. Cook 5 minutes. Introduce the broth, wine, water, and herbs to the soup pot and bring to a boil. Reduce heat and simmer. Add beans and divide the soup in half. Puree half the soup and stir it back into the other half to thicken and make creamy. Add Turkey-Quinoa Meatballs to soup. Top with grated Parmesan and serve. Makes 8 servings.

*Oh, that's real good
... it's Linn's!*

Notes:
