

EASY ITALIAN WEDDING SOUP

Delicious, traditional wedding soup recipe, packed full of flavor! This is a great soup for weeknight, as it come together in less than an hour.

 15 minutes

 45 minutes

 8 portions

INGREDIENTS

- 2 tablespoons of oil, corn, peanut, and olive (28 g)
- 1 cup, chopped of onions, raw (160 g)
- 1 cup chopped of carrots, raw (128 g)
- 3 cloves of garlic, raw (9 g)
- 4 cups of spinach, raw (120 g)
- 15 oz of meatballs, frozen, Italian style (425 g)
- 8 cups of soup, chicken broth, ready-to-serve (1992 g)
- 1 cup (elbows) of pasta, dry, enriched (122 g)
- 1 tsp of salt, table (6 g)
- 1 tsp, ground of spices, pepper, black (2 g)

COOKING METHOD

- 1° In a large stockpot over medium heat, saute the onions, carrots, and garlic in the oil until the vegetables are soft, about 5 minutes.
- 2° Add the meatballs and chicken broth, and bring to a boil. Boil for 15-20 minutes, or until the soup has reduced slightly and the meatballs are cooked through.
- 3° Turn the heat down to medium-high, add the pasta, and gently boil for about 10 minutes, or until the pasta is still a bit firm (al dente).
- 4° Add the spinach, stir to combine, taste and season with salt and pepper. Divide the soup into bowls, top with grated Parmesan cheese, and serve with a grilled cheese for the ultimate weeknight dinner!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (374 g)	% DRI
ENERGY	73 kcal	275 kcal	14 %
FAT	4 g	16 g	25 %
FATTY ACIDS, TOTAL SATURATED	1 g	5 g	23 %
CHOLESTEROL	11 mg	40 mg	13 %
SODIUM	426 mg	1593 mg	66 %
CARBOHYDRATE	6 g	21 g	7 %
SUGARS	1 g	5 g	—
FIBER	1 g	3 g	12 %
PROTEIN	3 g	12 g	—