

Italian Wedding Soup



FFC Italian Wedding Soup (no meatballs)		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
Calories	208.4 kcal	10 %
Total Fat	7.1 g	11 %
Saturated Fat	1.6 g	8 %
Trans Fat	0.1 g	
Cholesterol	8.6 mg	3 %
Sodium	1143.5 mg	48 %
Total Carbohydrate	30.6 g	10 %
Dietary Fiber	2.4 g	10 %
Sugars	3.9 g	
Protein	6.8 g	14 %
Vitamin A	15 %	Vitamin C 18 %
Calcium	9 %	Iron 7 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com		</>

Ingredients: 6 servings, 1.5 cups each

2 tablespoons extra-virgin olive oil, divided

1 ⅓ cups chopped yellow onion

⅔ cup chopped carrot

⅔ cup chopped celery

2 tablespoons minced garlic

6 cups unsalted chicken broth

6 oz. of orzo or other favorite pasta (for gluten free, use 6 oz. of broken up angel hair or spaghetti pasta)

1 ½ tablespoons chopped fresh oregano or 1 tsp dried oregano

½ teaspoon kosher salt

4 cups baby spinach

¼ cup grated Parmesan cheese

Add in 24 small cooked chicken meatballs (see Chicken Meatballs recipe)

Directions

1. Heat 2 tablespoon oil in a large pot over medium-high heat. Add onion, carrot, celery and garlic; cook, stirring occasionally, until the onion is translucent, 4 to 5 minutes.
2. Add broth, cover and bring to a boil. Add orzo or broken up pasta, oregano and salt; cover and cook, stirring occasionally, until the pasta is just tender, about 9 -11 minutes.
3. Stir in meatballs and spinach; cook until the meatballs are heated through and the spinach is wilted, 2 to 4 minutes.
4. Serve sprinkled with parmesan cheese.