Dinner

Hearty Italian Meatball and Vegetable Soup

Little herbed meatballs simmer in a tomatoey broth loaded with vegetables, beans and greens, all cooked in one pot in under an hour.



Freezer safe

55 min	321	20.7 g	12.4 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] Meatballs
- [ ] 400 g lean beef, chicken or turkey mince
- [ ] 1 small egg
- [ ] ¼ cup rolled oats, finely blitzed in a food processor (or almond meal for gluten free)
- [ ] 1 tablespoon chopped parsley
- [ ] 1 clove garlic, crushed
- [ ] Black pepper
- [ ] Soup
- [ ] 1 tablespoon olive oil
- [ ] 1 brown onion, diced
- [ ] 2 carrots, diced
- [ ] 2 celery stalks, diced
- [ ] 1 zucchini, diced
- [ ] 200 g mushrooms, chopped
- [ ] 2 cloves garlic, crushed
- [ ] 1 tablespoon tomato paste
- [ ] 400 g can no-added-salt diced tomatoes
- [ ] 1 L reduced-salt vegetable or chicken stock
- [ ] 1 × 400g can cannellini beans, drained and rinsed
- [ ] 2 cups baby spinach or silverbeet, shredded
- [ ] 1 teaspoon dried Italian herbs

Nutrition Facts

Per serving

Calories	321
Total fat	11.7 g
Saturated fat	3.6 g
Sodium	522 mg
Total carbs	20.7 g
Fiber	9.8 g
Total sugars	12.4 g
Protein	27.3 g

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Method

- [ ] **1** Mix the beef, chicken or turkey mince with the egg, finely blitzed rolled oats or almond meal, parsley, crushed garlic and black pepper, then shape into 20 small meatballs.
- [ ] **2** Warm the olive oil in a large pot and soften the brown onion, carrots and celery stalks for 5 minutes.
- [ ] **3** Tip in the mushrooms, zucchini and garlic and cook for 2 minutes more.
- [ ] **4** Stir the tomato paste and dried Italian herbs through the vegetables.
- [ ] **5** Pour in the diced tomatoes and vegetable or chicken stock, then bring the soup to a simmer.
- [ ] **6** Carefully lower in the meatballs and let them simmer for 15 minutes.
- [ ] **7** Add the cannellini beans and simmer for another 10 minutes.
- [ ] **8** Scatter in the baby spinach or silverbeet and stir just until wilted.
- [ ] **9** Ladle the soup into bowls and serve warm.